



HARMONY

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

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We did it !



We are proud to be the first Not for Profit Organisation in Kerala to register with the Social Stock Exchange (SSE)! We were fortunate to have Dr. R. Balasubramaniam, Member- HR, Capacity Building Commission, Govt. of India, and Chairman of the Social Stock Exchange Advisory Committee, to celebrate this occasion with us. This milestone strengthens our commitment to transparency, impact, and sustainable change. Exciting opportunities ahead!

Volunteer of the Month

Congratulations

Ms ANJANA M

Fellow, Sewa International

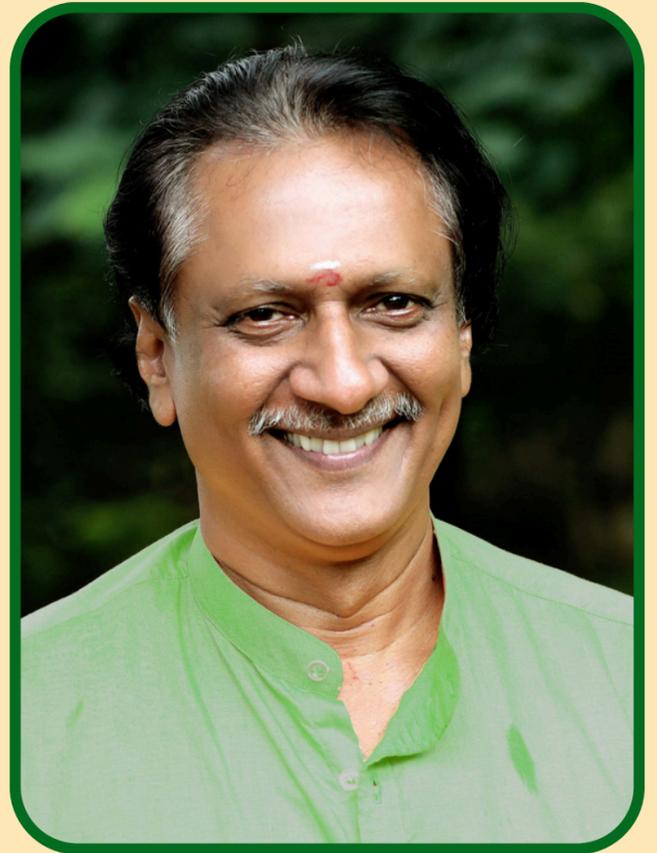


We appreciate your dedicated and tireless efforts for the ATMA Social Impact Conclave. You played a part in its success! Good work!

FOUNDER'S MESSAGE

Dear Friends,
Salutations!

What a wonderful start to the new year, with ATMA becoming the first NPO from Kerala to register with the Social Stock Exchange.



The first ever ATMA Social Impact Conclave was a resounding success, with participation from 31 Civil Society Organisations and 18 Social Work Colleges across Kerala.

We could also conduct the ATMA Bharateeyam, a 3-day Indian Arts Festival with the support of Ministry of Culture, Govt of India, alongside the conclave, which added a festive colour to the occasion.

It is indeed the dawn of a new era in the work of ATMA Foundation. With SSE registration, come a host of new responsibilities as well as new opportunities.

I sincerely thank all the volunteers who have actively worked for the success of our initiatives. Looking forward to taking this work to greater heights!

Love,
C K Suresh

ATMA Social impact conclave



From January 10th to 12th, 2025, ATMA Foundation conducted the ATMA Social Impact Conclave, bringing together 119 delegates from 31 Non-Profit Organizations (NPOs), 18 colleges, and over 20 distinguished speakers to discuss strategies for enhancing social impact. A significant milestone was ATMA becoming the first organization in Kerala to register on the Social Stock Exchange (SSE), reinforcing its commitment to sustainable and accountable social initiatives.



ATMA Bharatheeyam

ATMA Foundation, with the support of Ministry of Culture, Govt of India, under its CFPG Scheme, organised ATMA Bharatheeyam - a 3 days Indian Arts Fest at TGSM Saraswathy Vidya Nikethan, Thrissur from January 10th -12th 2025. The programme was inaugurated by renowned Musician Sri Vidhyadharan Master.

The cultural extravaganza consisted of Mizhavu melam by kalamdalam Vivek & Team, 'Nrithasamanwayam', a blend of Bharatanatyam, Mohiniyattam & Kuchipudi by Kalamandalam Sangeetha Prasad & Team, a Bharatanatyam kacheri by Kalakshetra Neethu P and Team and Kathak by Deepa Kartha & team.



ATMA Gurukulam



Rubisha got second prize in the 4×50m relay and Tamil recitation in her school Sports & Arts Festival. The children got a chance to visit the flower show. Children attended regular classes in music, drawing, and dance. They participated in yoga classes and value education sessions.

ATMA Uyare

77 classes were conducted in ATMA Uyare including basic English and Mathematics..

ATMA SPC



1 family took help from ATMA SPC Palakkal. A class was conducted on POSH act at Jubilee mission medical College and research centre Thrissur on 27th January 2025 by Adv Gayathri T D

ATMA FCC & CADC

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

ATMA Shreya



As part of our efforts to promote sustainable livelihoods and eco-friendly transportation, we distributed 5 E-Autos to deserving women drivers in collaboration with Hykon India Ltd. 3 more two wheelers were distributed as a part of 'Women on Wheels' program, in collaboration with National NGO's Confederation.

ATMA DAFEC



Through the session on Financial Empowerment, conducted at Panambilly Anganwadi, Thrissur, 18 women were given awareness about different aspects of financial literacy, banking, digital transactions etc.

At the Apni Pathshala Live Pod, 36 students attended regular classes for different courses.

A new course on 'Digital Tools for Entrepreneurs' was launched, with 9 women entrepreneurs joining.

Three outreach sessions were conducted at Olarikkara GUP School with 175 students, and two sessions at NUVP School with 66 students.

ATMA Yogapeethom

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

ATMA RADC

In January, 3 MBA students from NMIMS Mumbai, 2 MSW students (one from Dr. Harisingh Gour Vishwavidyalaya, Madhya Pradesh, and the other from IGNOU, Delhi), and 1 BSW student from Marian College, Kuttikkanam, joined ATMA Foundation for their internship.

Visit



Four architecture students from Cardiff University, UK, visited ATMA Foundation as a part of their academic curriculum.

Family Get together

Our monthly family get-together was held at ATMA Foundation premises on January 25th.

Congratulations Sreedevi teacher



We are happy to announce the launch of the book 'Parenting with Purpose' by our Sreedevi teacher, who is the learning disability remediator of ATMA Child and Adolescent Development Center

Sessions with C.K Suresh

Shri C.K. Suresh conducted a youth empowerment program for 200 students at BVB Thripunithara. He dealt with the topic EC (Empowered & Compassionate) Adolescence, in two sessions.

On January 19, he delivered a talk on Spiritual Harmony at Amballur, attended by 150 people.

Social Impact Conclave

Special Story

The ATMA Social Impact Conclave was a confluence of stakeholders in social development sector, where we brought together NPOs, social workers, research scholars, and students to discuss changes in the development sector and future possibilities. It was a space for meaningful conversations, sharing ideas, and networking. The event helped participants learn from experts, understand new trends, and explore ways to create a bigger social impact together.



Our Speakers



Dr. R. Balasubramaniam

Member - HR, Capacity Building Commission, Govt of India and Chairman of the Social Stock Exchange Advisory Committee.



Dr. Anil Balakrishnan

Regional Head, Adani Foundation



Dr V. Narayanan

Swami Vivekananda Medical Mission



Sri Sunil Balakrishnan

Chief Values Officer & Global Head of CSR, UST



Sri T R Vijayakumar

Former Governor, Rotary International



Sri Ravi Sreedharan

Founder & Director Indian School of Development Management, Noida



Sri Vidyadharan Master

Inauguration of ATMA Bharateeyam (Indian Arts Festival)



Sri Christo George,
CMD, Hykon India Ltd
Distribution of e-auto to women drivers



Book Release: Parenting with Purpose by **Smt Sreedevi Haridas, Remediator, ATMA**



Mr. Sagar Tiwari
Manger, Apni Pathshala



Sri Sebin Antony
DGM, NABARD



Dr Sreeram Shankar
Deseeya Sevabharathi, Keralam



Sri Arun Palassery
CA, Wadhvani Foundation



Ms Dhanya Ravi
Disability Evangelist



Dr Andrea Vincent
Research Head, Co-Guide



Ms G Divya Jyothi
Research Associate, Co-Guide



Dr Shubhitha Menon
Social/Communication Expert



Sri Narayanan Krishnan
Income Tax Officer (Exemptions)



Dr Anish K R
Assistant Professor, Rajagiri College of Social Sciences, Kalamassery



Sri Sreekanth Avanav
Technology & Software Professional



Sri Kalesh K K
Digital Media Professional



Ms Parvathy G
Social Impact Assessor



Smt Sindhu Nambiath
Development
Consultant, Noida



Dr Manoj Kumar
Founder & Clinical
Director, MHAT



Dr Deepa Deepak
Psychiatrist



Smt Vidhubala
Mind & Wellness
Expert

A Special Note of Gratitude to Our Esteemed Speakers

We extend our deepest appreciation and gratitude to each of our distinguished speakers who graced the ATMA Social Impact Conclave 2025 with their wisdom, experience, and inspiring perspectives. Your presence and thought-provoking discussions enriched the event, providing invaluable insights to our delegates and students alike.

Your contributions on diverse topics—from CSR and Social Stock Exchange to Mental Health, Fundraising, and Social Work Practices—have ignited meaningful conversations and empowered participants to drive real change in their respective fields. The impact of your words will resonate far beyond the conclave, shaping the future of social development and inspiring action at every level.

We are truly honored to have had you as part of this transformative journey and look forward to continued collaboration in the pursuit of a more just, inclusive, and impactful society.

*With immense gratitude,
Team Atma*



ATMA Foundation

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