



HARMONY

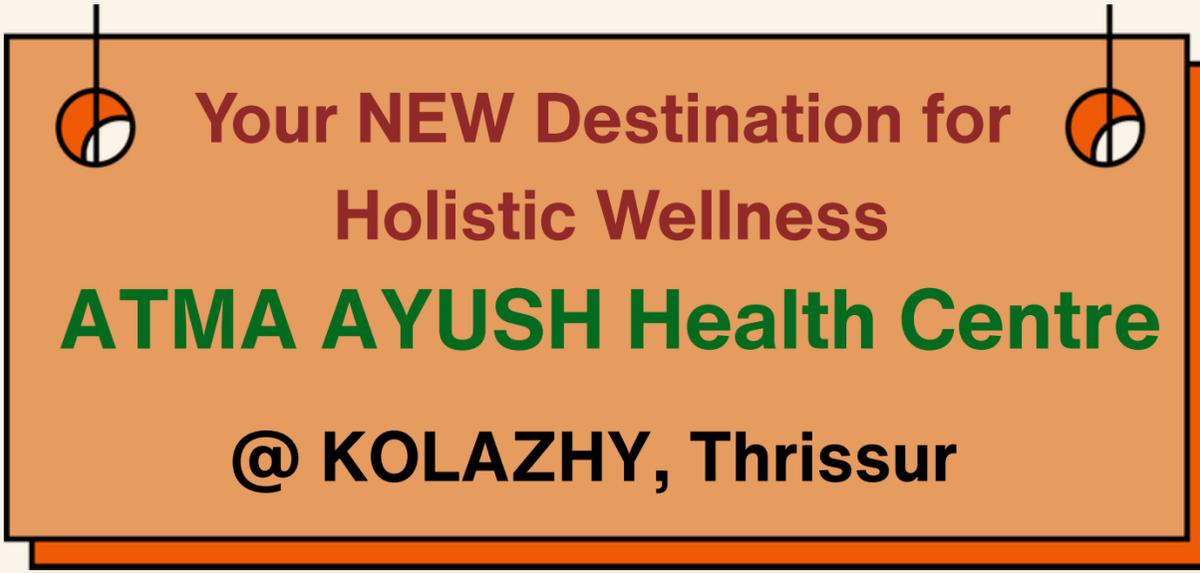
the Official Newsletter of ATMA Foundation

... Happy Living with Healthy Relationships...



Contents

Founder's message	3
Volunteers of the Month	4
National Youth Week	5
VibeShift	7
ATMA Ayush Health Center /	
ATMA Gurukulam	8
ATMA Uyare / Shreya	9
ATMA DAFEC / SPC	10
ATMA FCC& CADC / RADC /	
Family Get - together	11
Celebration Corner / Medical Aid /	
Session with C K Suresh	12



**Your NEW Destination for
Holistic Wellness**
ATMA AYUSH Health Centre
@ KOLAZHY, Thrissur

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

with pick up & drop off facility

Ph : 9497231098, 9188641098



ATMA Kalakshetram

Whether young or young at heart,
if you dream of learning dance, music or drawing,
ATMA Kalakshetram opens its doors to you.

@ Thrissur, Kolazhy & Puranattukara

Ph : 8330010042

Founder's Message

Dear friends,
Salutations!

ATMA Foundation completes 20 years of committed social contribution on May 8, a milestone that fills us with gratitude and pride.



This journey has been possible because of the unwavering support of our partners, volunteers, and well-wishers—my heartfelt thanks to all of you.

Over the years, our initiatives, enriched by the innovation and dedication of our volunteers, have reached many beneficiaries. I am happy to share that the Uyare Project has entered a new phase, with coaching sessions now underway at Olarikkara UPS. We also organised youth meets across many campuses during National Youth Week, which were well received.

Our other ongoing projects continue to create meaningful impact. Your continued support will help us deepen and expand our impact. I warmly invite you to join our committed team as we strive to do more good, in better ways, for the benefit of many more lives.

Love

C K Suresh

Volunteers of the Month



We wholeheartedly appreciate our volunteers, Mr. Darren Joseph and Mr. Tanmoy Roy, for their initiative in conducting sessions across 15 colleges in Thrissur during National Youth Week and organizing the youth meet, 'VibeShift', at the ATMA Foundation Yoga Hall.

NATIONAL YOUTH WEEK



In observance of National Youth Week 2026, ATMA Foundation organized a series of youth awareness and empowerment programs across 15 colleges in Thrissur district, reaching nearly 1,000 young minds. The initiative reflected ATMA Foundation's core commitment to empowering youth as active contributors to nation building.

The sessions drew inspiration from the life and teachings of Swami Vivekananda, encouraging students to cultivate self-belief, clarity of purpose and social responsibility. Key themes included youth leadership, self-awareness and personal SWOT, mental wellbeing and stress management, ethical values and future readiness with insights into AI and emerging technologies.

The programs were led by Sri C K Suresh, Sri O S Satheesh, Sri Hareendran Master and Sri Anoop K Mohan and were seamlessly supported by dedicated ATMA Foundation volunteers—Ms Parvathy Ganesan, Dr Sangeeta N, Ms Reshmi K, Mr Tanmoy Roy, Mr Darren Joseph Gonsalvez, Ms Anusree K A, Ms Manisha P M & Ms Sreelakshmi P R.

With 494 feedback responses and session durations, ranging from 30 minutes to 2 hours, the initiative reaffirmed ATMA Foundation's enduring mission to nurture confident, compassionate and future-ready youth who are prepared to play a meaningful role in shaping the nation.



VibeShift



During the National Youth Week 2026 outreach across colleges in Thrissur district, ATMA Foundation recognised a deep need among youth for guidance, confidence-building and value-based direction. Responding to concerns voiced by faculty and students alike, VibeShift – Youth Meet was held on 31st January 2026 at the ATMA Foundation Training Hall, bringing together 32 students from 10 colleges. The programme created a warm, energising space where young participants reflected on their inner strengths, embraced leadership as service and connected learning with real-life social challenges. More than an event, VibeShift became a meaningful pause in their journey—rekindling purpose, responsibility and belief in their power to make a difference.

ATMA Ayush Health Center



Dr. Keerthi, Assistant Professor at Vishnu Ayurveda Hospital, Shornur and Consultant Doctor at ATMA Ayush Center, Kolazhy, conducted an informative session at Mithra Residence Association, Mithranandapuram on topics including menopause, uterine health issues, hormonal imbalance and breast cancer with a strong focus on prevention and early care.

ATMA Gurukulam



Our senior girl Ms Reshma P P secured an A+ grade in the 3rd semester of the B.Ed program, bringing pride to ATMA Gurukulam. Haripriya selected as the best student in her class.



Our children performed a tribal dance at the school annual day. Regular dance, music and drawing classes continue to nurture their talents and encourage creative expression.

ATMA Uyare



Through the ATMA Uyare , 36 sessions were held to provide consistent tuition support, fostering strong foundations and holistic academic growth. From this month, we have started offline classes at GUPS Olarikkara, with 6 sessions conducted so far, bringing learning closer to the children.

ATMA Shreya

Ms. Divya and Ms. Babra, who attended ATMA Shreya's Mushroom Cultivation classes, served as resource persons at the Indian Institute of Scientific Heritage, Muzhuvanchery. It was truly heartening to see these empowered women thriving as entrepreneurs, inspiring and motivating other women to pursue their own paths of growth and success.

ATMA DAFEC

Computer classes were conducted regularly at the **ATMA APNI Pathshala POD** through structured and continuous sessions, benefiting over 40 students. School-based computer classes were successfully implemented at Namboothiri Vidyalayam, Olarikkara GUP School and GUP School, Arimboor. Through these initiatives, more than 400 students were introduced to basic computer skills and digital learning.

These efforts highlight ATMA Foundation's continued commitment to strengthening digital literacy and expanding learning opportunities for students across schools and community spaces.

ATMA SPC

ATMA SPC conducted a meaningful awareness session at Anganwadi Centre No. 25, Pathanapuram SC Colony, Parakkovil, focusing on the DV Act and the importance of right parenting through care and understanding of children. The session, held at 2:30 pm and led by family counselor Ms. Kavya Surendran. The session was attended by 12 participants and fostered thoughtful discussion and awareness.

ATMA FCC & CADC

12 People took help from ATMA Family Counselling Centre & Child and Adolescent Development Centre in January.

ATMA RADC

This month, ATMA RADC welcomed five MBA interns from Narsee Monjee Institute of Management Studies (NMIMS), Mumbai.

Family Get-together



The monthly family get-together at the ATMA Foundation premises saw the participation of around 40 members in a warm and reflective setting. In connection with National Youth Week, a meaningful discussion was held on Swami Vivekananda and the relevance of his teachings in today's times, inspiring values of self-belief, service and purpose among the participants.

Celebration Corner



The family get-together was marked by joyful celebrations of the wedding anniversary of our volunteers, Dr A Surendran and Ms. Sujatha Surendran and the birthday of our Gurukulam girl, Anjali. We also honoured Mr. Darren Joseph and Mr. Tanmoy Roy as Volunteers of the Month, making the gathering a warm moment of appreciation and togetherness within the ATMA family.

Medical Aid

ATMA Foundation stepped in with timely support by providing emergency medicines to an individual in need.

Session with C K Suresh

Sri C.K. Suresh energised 200 students of 10th and +1 at Sree Sarasa Girls Higher Secondary School during the “Happy Exams” session, turning nervousness into motivation.



His insightful guidance left the students confident, focused and ready to embrace their exams with a positive spirit.



ATMA Foundation

Surya Gardens, Paliyam Rd, 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



info@atmafoundation.org



Connect with us

