



HARMONY

The Official Newsletter of ATMA Foundation

... Happy Living with Healthy Relationships...



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Volunteer of the Month



Congratulations

Ms Anniea



We appreciate Ms Anniea for her enthusiastic and dedicated contribution during her 7 weeks of internship with us. A management student from O.P. Jindal Global University, Sonipat, Anniea consistently demonstrated initiative, energy, and a positive attitude. She actively participated in all our projects.

We wish her continued success in her future endeavors!



FOUNDER'S MESSAGE

Dear Friends,
Salutations!

It was raining- but our work did not stop. This month, one of the focus areas was to develop our centre at Kolazhy.



Through the ATMA Ayush Health Centre, our core plan is to provide quality Ayurveda treatment at optimum cost - especially to senior citizens and women.

Regular yoga classes and therapy support are also being planned here. Periodic Health camps in and around the centre is another plan that we have started implementing.

Slowly as things unfold it should become an active space to support our senior citizens with different activities. They should be able to spend their leisure time with joyful company. We are moving in that direction.

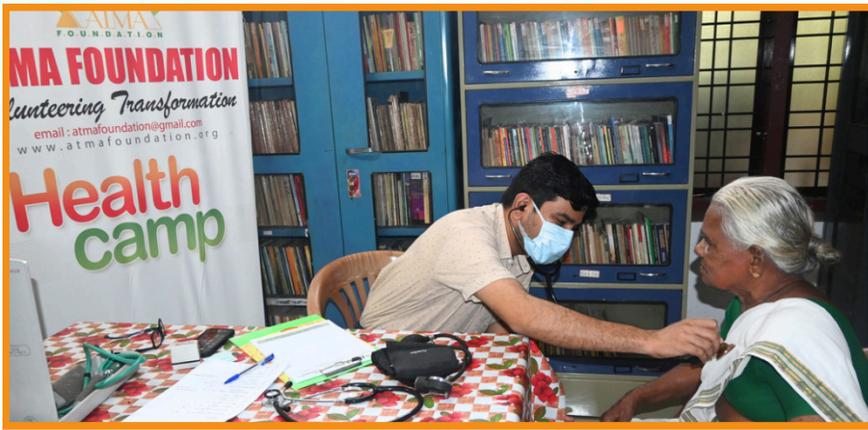
I request the involvement of all to visit and support this project, ATMA Vayobandhu..

Regards

Love,
C K Suresh

ATMA AYUSH Health Centre

Medical Camp - Ayurvedam



This July, ATMA Ayush Health Center extended its healing touch through two free Ayurveda medical camps. On Sunday, July 20th, Dr. Yadav and Dr. Akshathi led an Ayurveda camp in Pottore, in association with BMC Club & Grameena Vayanasala, providing free consultations and medicines to 51 people.

A week later, on Sunday, July 27th, Dr. Kavitha, Dr. Mariya and Dr. Akshathy consulted 50 participants at another Ayurveda camp in Pamboor, partnering with GSS Library.

Eye Camp

On Saturday, July 26th, we conducted a free Eye Camp at ATMA Ayush Health Center in Kolazhy.



Partnering with Trinity Eye Hospital, Thrissur. This camp provided comprehensive check-ups to 42 people, leading to 15 referrals for further detailed tests.

We extend our gratitude to Trinity Eye Hospital, BMC Club & Grameena Vayanasala, and GSS Library for their invaluable partnerships with ATMA Foundation in our campaign for community health.



ATMA Vayobandhu

Celebrate 55+



As part of its ongoing commitment to elderly care, ATMA Foundation, under its ATMA Vayobandhu project, organized a "Celebrate 55+" programme. Held on Thursday, July 24th, 2025, from 3:00 PM to 6:00 PM at ATMA Ayush Health Center in Kolazhy, the program provided a joyful space for 23 senior citizens to come together. This initiative aimed to foster self-expression, encourage engaging activities, and strengthen community bonds among participants.

ATMA Gurukulam



ATMA Gurukulam welcomed one more girl into its fold. Adv. Nimmy, the CWC Chairperson, visited ATMA Gurukulam and provided valuable guidance.

Anjali, Saniya, and Haripriya were honored with trophies and medals by District Collector Sri Arjun Pandyan, IAS, and Assistant Collector Ms Swati Mohan Rathode, IAS, at a special ceremony organized by the Department of Women and Child Protection and the District Child Protection Unit. The event celebrated the academic achievements of children from Child Care Institutions who excelled in their 10th and 12th standard examinations.

A memorable cultural exchange unfolded when Ms Phoebe, a management student from France spent cherished time connecting with the children at Gurukulam. Gurukulam children also visited Sreekurumba Bhagavathy Temple, Kodungallur.

ATMA Gokulam



ATMA Gokulam celebrated the arrival of two new members, as our beloved cows Nandini and Seetha gave birth to healthy calves. With affection and joy, the Gurukulam children named them Bolu and Dolu, adding warmth to this special moment.

ATMA Uyare



In July, 44 sessions were conducted as part of ATMA Uyare, combining regular tuitions and foundational classes in key subjects such as English and Mathematics.

This month, Uyare has launched its offline classes, focussing on English, Mathematics, and Computer Skills to establish a strong academic base for the students' future development.

It was wonderful to see the enthusiastic participation from the children of ATMA Gurukulam and Sadgamaya Balikasadanam in the offline classes. We also had a truly special motivational session led by Sri C.K.Suresh. We are also regularly holding weekly classes for the children at Sanjeevani Balikasadanam, ensuring they too receive consistent support and guidance.

ATMA DAFEC



A total of 188 students took part in eight outreach sessions conducted at Namboothiri Vidyalayam, Kottappuram and Government UP School, Olarikkara showcasing strong community involvement.

Apni Pathshala

In July, 29 students benefited from Apni Pathshala Live Pod classes, with 12 new students enrolling during the month. Twenty-one students successfully completed their computer course, and a certificate distribution ceremony was held on 19th July 2025 to celebrate their achievement and promote lifelong learning.

ATMA SPC

Ms. Soumya, Woman Protection Officer, Thrissur district, visited ATMA SPC for an official interaction. Field visits were conducted by the ATMA SPC Team to Cherpu Police Station and CNN LP School, Urakam. The team engaged in meaningful interactions with the students, teachers, and staff, fostering awareness and building strong community connections.

ATMA FCC & CADC

10 People took help from ATMA Family Counseling Center & Child and Adolescent Development Center in July.

ATMA RADC

An MSW student from De Paul Institute of Science & Technology, Angamaly, completed her internship at ATMA Foundation in July.

ATMA Yogapeethom



A 7-day Yoga and Yoga Therapy course began on 30th July at ATMA Ayush Health Centre, Kolazhy.

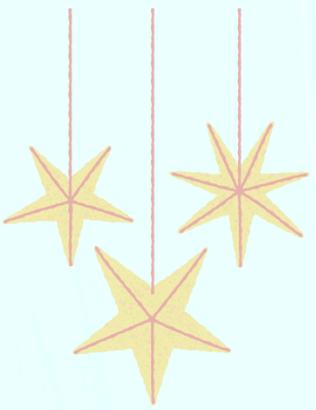
The sessions were led by Yogacharyan Chandran P. Velayudhan, focusing on holistic well-being.

ATMA Family Get together



The monthly family get-together was held at ATMA Foundation Yoga Hall with around 50 participants. Kalakshethra Raghi Satheesh, dance teacher, ATMA Kalakshethram, led a special session on “How to Enjoy an Artform?”—highlighting how art can be a source of relaxation and an integral part of daily life. The session included a live demonstration. Ms. Miji, music teacher, ATMA Kalakshethram, also performed a song for the audience.

Celebration Corner



During the family get-together, we celebrated the birthdays of our volunteer employees—Ms. Athira, Ms. Arjana, Mr. Kannan, and volunteer Ms. Amritha Sivadas. We also congratulated our intern, Ms. Anniea, for being selected as Volunteer of the Month. It was a heartfelt gathering that strengthened bonds and appreciation within the team.

Visits



We were delighted to host Sri Anand Chaithanya, Acharya of Chinmaya Mission, Chennai, and Sri Vipindas, Chinmaya Mission Volunteer at ATMA Foundation. Their visit included a warm and friendly chat with our team members, fostering inspiring connections.



Adding to our international engagements, Ms. Phoebe, a management student from France, visited ATMA Foundation as a part of her internship. During her time with us, she gained valuable insights about the functioning of NGOs. Ms. Phoebe also had the opportunity to explore all the diverse projects undertaken by ATMA and she got a chance to visit some of our supporting agencies.

Adieu, Sewa Fellows - Until next time!!



Ms. Anjana and Ms. Khushi, fellows from Sewa International, successfully completed their one-year assignment at ATMA Foundation. A small gathering was held to express our love for their commendable contributions, especially during the Social Impact Conclave. Team ATMA deeply appreciates their energy, efficiency, and professionalism throughout their time with us.

SEMINAR

ATMA Foundation Managing Committee member, Retd. Prof. U S Mohanan, attended a seminar on tree planting, held at Thrissur Collectorate, hosted by the District Panchayat President. The initiative is part of the Haritha Keralam Mission, aiming to plant one crore tree saplings across the state.



Sessions with C K Suresh



A one-day interaction with Non-Profit Organisations was held on 12th July at ATMA Foundation Office, with participation from 10 NPOs. The session focused on exploring opportunities for growth, collaboration, and identifying potential areas for collective action.

A session was conducted on 19th July for the parents of students at TGSM Saraswathi Vidyanikethan, Ayyanthol. The session, attended by around 150 parents, focused on strengthening positive parenting practices and fostering supportive home environments for children's growth.

On 26th July, a session was conducted in collaboration with Chinmaya Yuva Kendra, Thrissur, to commemorate Kargil Vijay Diwas and honour the courage and sacrifice of the Kargil heroes. The event saw the active participation of 70 young individuals, fostering a spirit of patriotism and gratitude.

A special session was conducted at the District Jail, Viyyur, for the inmates on 29th July.

Two YouTube Live sessions were also conducted — one on Gurupoornima (July 10th) and another on July 27th, focusing on parenting for parents, teachers, and caregivers.

Upcoming Events

- You Tube Live - Parenting - August 10
- Family Gettogether @ ATMA Foundation, Thrissur - August 16
- Session on Parenting @ NSS Ayyanthole - August 17
- Workshop on Dance - August 23 & 24
- Celebrate 55+ @ Kolazhy - August 27
- Ayurveda Medical Camp @ ZMLP School Kolazhy - August 28

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ATMA Foundation

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