



HARMONY

The Official Newsletter of ATMA Foundation

... Happy Living with Healthy Relationships...



CONTENTS

Volunteer of the month	2
Founder's message	3
AYUSH Health Centre / Family Get together	
Celebration Corner	4
Webinar / ATMA Gurukulam	5
ATMA Uyare / Shreya	6
ATMA Prakrithi / DAFEC	7
ATMA SPC / FCC& CADC / RADC	8
ATMA Yogapeethom /	
Sessions with C K Suresh	9
Upcoming Events	10

Volunteer of the Month

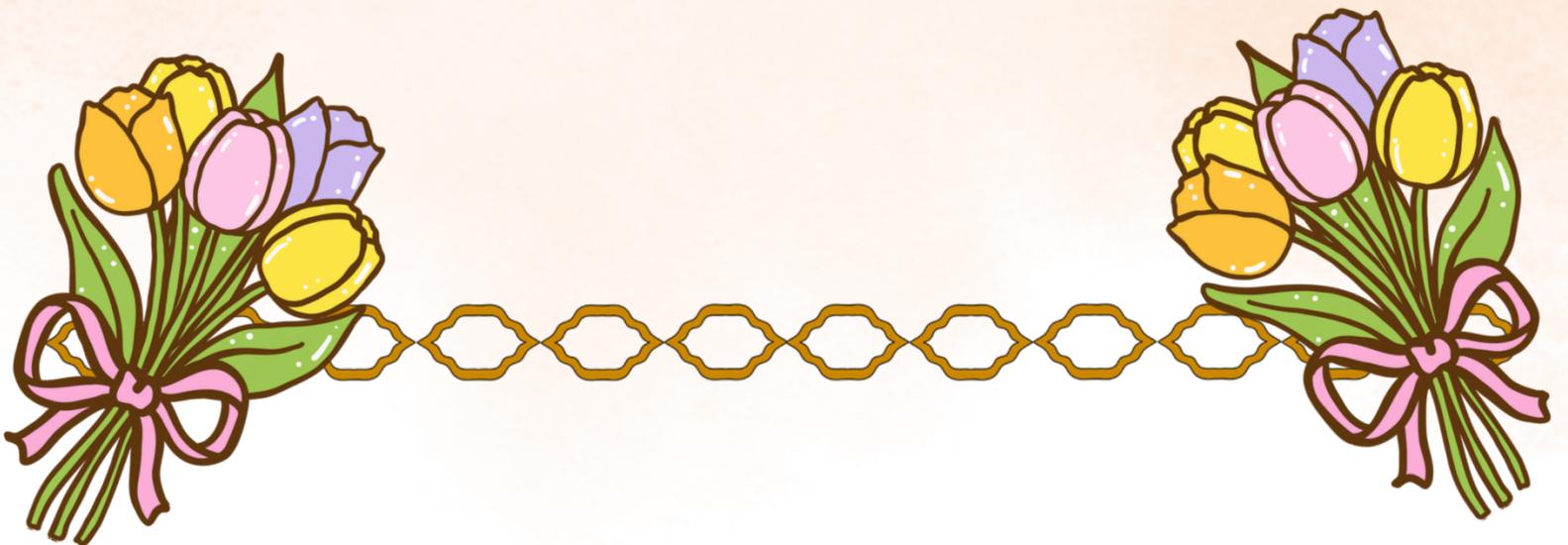
Congratulations



Sri Sreekumar P



We appreciate his guidance and dedicated efforts which enabled us to streamline our accounting system. Thanks to him, our financial compliance is ready much earlier than usual! Thank you Sreekumarji!



FOUNDER'S MESSAGE



Namaskaram!

When ATMA Foundation started functioning, one of our core focus areas was the Family.

Our great nation is rooted in the tradition of a family oriented culture. Several other cultures focused on the individual as a member of the society and stressed on the importance of interconnectedness. But here we have a powerful system of family orientation. Family plays a great role in the moulding of an individual. We had always tried to maintain a family culture, along with a professional approach, at ATMA too.

Family is like a runway for an aircraft.. Maintain it well.. we all need its comfort - at least sometimes, if not always!

Love

C K Suresh

ATMA AYUSH Health Centre

Monthly Family Get together



Monthly family get together was held at ATMA Ayush Health Centre, Kolazhy. Dr. Keerthy led a special session on 'Monsoon Health Care' on this occasion. She provided valuable insights into dietary choices and lifestyle adjustments crucial for preventing diseases and maintaining good health during the monsoon season

Celebration Corner



We joyfully marked the birthdays of our beloved trustee Raghunandanji and our dedicated special educator Sreedevi teacher during family get together. Adding to the cheer, we also sweetly marked the wedding anniversary of our dear team member, Sri Muraleedharan and Ms. Savitha Muraleedharan. It was a beautiful occasion, filled with warmth, friendship and joy, creating lifelong memories.

Webinar

A capacity building webinar series for Civil Society Organizations was held in the evenings from June 12th to 14th, focusing on vital topics such as social media for NGOs, volunteer management, and fundraising. Sessions were expertly led by ATMA Foundation Director Sri C. K. Suresh, Management Committee Member Dr. Sangeetha N, and Ms. Sindhu Nambiyath from NuSocia. This initiative aimed to equip NGOs with essential skills for greater impact and sustainability.

ATMA Gurukulam



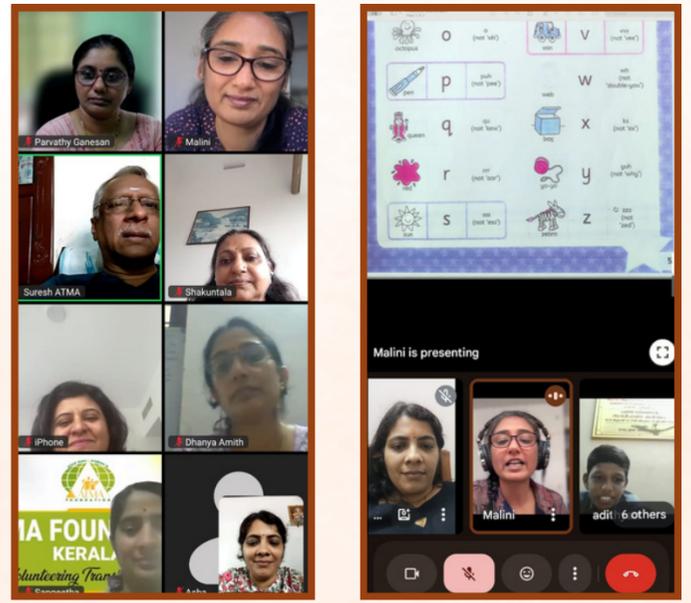
Our Gurukulam family gently expanded this month with the admission of a new girl. Our young swimmers recently completed their training at the Aquatic Complex, Thrissur and received their certificates.

Haripriya advanced her academic journey by joining Sri Sarada School for Plus One Humanities. Saniya has chosen Diploma course in Hotel Management at FKHA IHM, Thrissur. We wish both of them all the best as they delve into this new chapter!

Dr. Jagathy, homeopathy doctor, visited Gurukulam and provided valuable health-related guidance to the children.

ATMA Uyare classes resumed in June after the summer break, with 16 sessions. Along with regular tuitions, Uyare also provides foundational lessons in key subjects such as English, Mathematics, and more.

ATMA Uyare



Highlights include a meeting with Child Care Institution authorities on June 10th, attended by representatives from 37 CCIs, and a capacity-building session for Uyare teachers on June 22nd, led by ATMA Foundation director Sri C K Suresh.

The Uyare coordinator conducted two offline and one online motivational sessions for children.

ATMA Shreya



We extend our hearty congratulations to Ms. Smisha on the launch of her high-tech mushroom farm! This remarkable achievement follows her completion of the 26-day mushroom cultivation entrepreneurial session by ATMA Foundation and EDII. Her initiative and enthusiasm as an entrepreneur are truly inspiring.

We wish her the very best and offer our prayers for her continued success.

ATMA Prakrithi

Firmenich Biodiversity restoration programme



We celebrated World Environment Day at Sree Munnodi Devasthanam, Alappuzha. The program focused on fostering environmental awareness and community participation. A key highlight was the planting of 13 native tree species within the temple premises, a beautiful step towards a greener future.

ATMA DAFEC



Apni Pathshala

In June, 46 students benefited from our Apni Pathshala Live Pod classes.

Our team conducted four sessions at NVUP School, reaching 55 students, and one session at GUP School, Olarikkaa, with 85 students. The digital learning experience is bringing smiles to their faces.

ATMA SPC

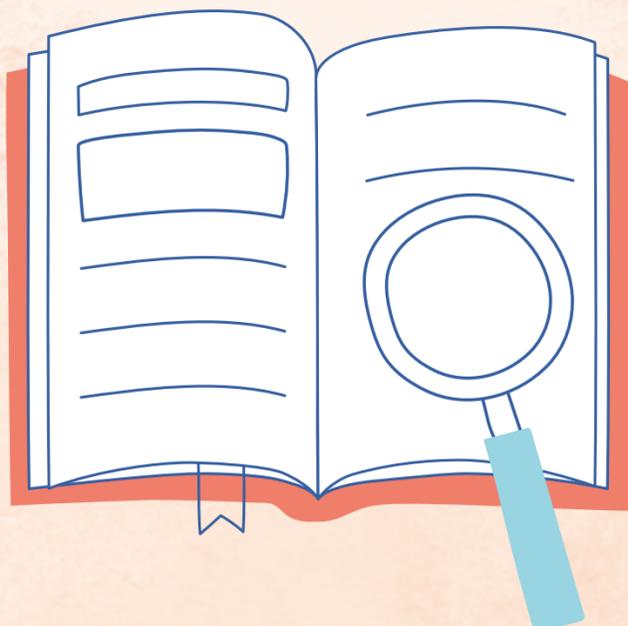
Field visits were conducted in the Cherpu block, including Aganwadis, schools and Police Station. An awareness session for the children of Sanjeevani Balikasadanam, Urakam was also conducted.

ATMA FCC & CADC

7 families took help from ATMA Family Counseling Center & Child and Adolescent Development Center in June.

ATMA RADC

ATMA welcomed three new interns : two BBA students from O.P. Jindal Global University (Sonipat) and Alliance University (Bangalore), and one 10th standard student from ABA Oman International School, contributing their skills to our projects.



ATMA Yogapeethom



Yoga classes are ongoing at ATMA Ayush Health Centre, Kolazhy, benefiting from the expert instruction of Sri V. A. Sreenivasan Sir.

ATMA Foundation, in collaboration with the 'Yoga for All Association', celebrated International Yoga Day at Bhagyalakshmi Auditorium, Kolazhy under the guidance of Sri V. A. Sreenivasan.

Sessions with C K Suresh



ATMA Foundation Director, Sri C. K. Suresh, led a session for adolescents in Kumbalangi. The program successfully empowered 60 young participants with valuable insights and guidance, supporting them during key growth phases.

Upcoming Events

- **Family Gettogether @ ATMA Foundation, Thrissur - July 19**
- **Graceful Ageing @ Kolazhy- July 24**
- **Eye Camp @ Kolazhy - July 26**
- **Medical Camp @ Kolazhy - July 27**

We invite everyone to take the benefit of

ATMA AYUSH Health Centre

@ KOLAZHI, Thrissur

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

with pick up & drop off facility

Ph: 9497231098, 0487 -2325232



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



ATMA FOUNDATION

boism-8304949380@boi



www.atmafoundation.org



info@atmafoundation.org

Connect with us



Harmony |