



HARMONY

The Official Newsletter of ATMA Foundation

... Happy Living with Healthy Relationships...



CONTENT

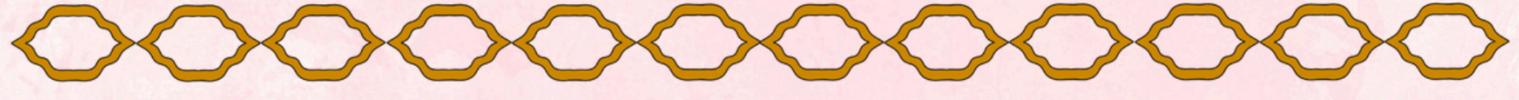
Volunteer of the month	2
Founder's message	3
Volunteers' Conclave/ Direct Benefit	4
Felicitations / Women's Day Celebrations	5
ATMA Bharatheeyam	6
ATMA Prakrithi	7
ATMA Gurukulam / Uyare / Vayobandhu	8
ATMA Shreya	9
ATMA DAFEC / FCC & CADC	10
ATMA RADC / Yogapeethom /	
Family get-together	11
Upcoming Events	12
ATMA SIP	13

Volunteer of the Month



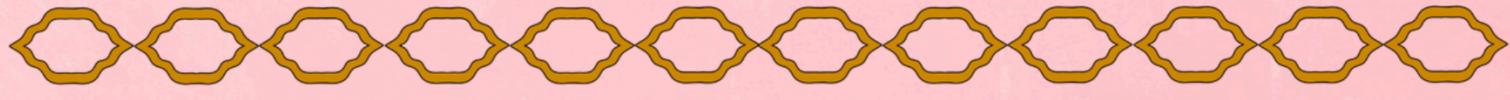
Congratulations

Ms Parvathy Ganesan



We extend our heartfelt gratitude for her tireless efforts and unwavering dedication to ATMA Foundation. As a valued trustee and a driving force behind our mission, her steadfast commitment and passion have played a vital role in our growth and success. We thank her for her selfless service and inspiring leadership—she continues to be a true source of inspiration to us all.

Congratulations on being the Volunteer of the Month!



FOUNDER'S MESSAGE

Dear Friends,
Salutations!

As we come to the close of yet another reporting year, I am very happy at the progress that ATMA has made this year.



Becoming the first NPO from Kerala to register on the Social Stock Exchange and hosting the first ATMA Social Impact Conclave, were exciting milestones. The ATMA Shreya project, initiated just a year ago, has gained much traction, with 200 plus women getting benefitted through different initiatives.

With the launching of our new project, ATMA Prakrithi, we have entered into the area of environment & sustainability. We are also looking forward to new initiatives in the area of senior citizens' wellness.

My sincere gratitude to all the volunteers and donors whose contributions have helped us achieve all this!

A special mention to Dr Sangeetha - ATMA has been a part of her life and career, and in fact the inspiration for her PhD journey. It was a moment of great joy when ATMA could organise a felicitation for her, honouring the occasion of her PhD award. We look forward to her leadership in future - for ATMA and the community!

Love,
C K Suresh

Volunteers' Conclave



ATMA Foundation conducted a Volunteers' Conclave on March 23rd at Engineers' Hall, Chembukkavu, Thrissur. The event provided a platform for volunteers to review past efforts, plan future initiatives, and strengthen team dynamics. Forty volunteers participated and gained insights on effective volunteering for meaningful impact.

Direct Benefit

ATMA Foundation, in partnership with IDBI Bank, was able to provide scholarships to 100 disadvantaged students from all 14 districts of Kerala. This initiative aims to support deserving students in their educational journey.

Felicitations



Sri C.K. Suresh, Director of ATMA Foundation, was honored by Sourakshika for his outstanding contributions to society.



ATMA Foundation organised a special programme to felicitate Dr. Sangeetha N, a dedicated ATMA Foundation volunteer for over 15 years, for achieving her doctoral degree in Social Work. The programme, conducted at Neeranjali Hall, Thrissur, was attended by over 150 ATMA well-wishers and other dignitaries.

Women's Day Celebrations



As part of International Women's Day celebrations, ATMA Foundation's MSW interns from different colleges conducted flash mobs and street plays across four venues in Thrissur: Aswini Hospital, Kalyan Hyper Market, Sobha City Mall, and Pambur Library.

ATMA Bharatheeyam



As part of ATMA Bharatheeyam, the Indian Arts Fest supported by the Ministry of Culture, Govt of India, the ATMA team organized a series of lecture-demonstrations in campuses, familiarising the youth with Indian classical arts. These included Bharatanatyam performances by Kalakshetra Raghi Sathish and Ms Unnima performed at Neeranjali Hall on March 1st, a Koodiyattam performance by Kalamandalam Sreelakshmi on March 6, at Central Sanskrit University, Guruvayur campus, and a Bharatanatyam recital by RLV Prajith K P at Vaidyarathnam Ayurveda College, Ollur on March 25th.



ATMA Prakrithi



ATMA Foundation has initiated a new project in the field of environment protection and sustainability. The project, supported by M/s Firmenich Aromatics as part of their Corporate Social Responsibility involves afforestation and bio-diversity conservation in a plot of land over 1 acre in area, at Munnodi Devasthanam in Alappuzha. The first phase of the project was inaugurated on March 13th, with the planting of Nakshatra Vanam, a sacred grove with trees linked to zodiac stars. By linking nature with culture, we aim to ensure that environmental protection is taken up by the public - reviving a concept that has always been at the heart of our tradition.



ATMA Gurukulam

Students attended daily tuition, remedial classes, and yoga practice, along with weekly dance, music, drawing, computer, and value education classes. Gurukulam student Reshma V won first prize in the college-level yoga competition at Sanskrit University, Puranattukara.

ATMA Uyare

A total of 20 revision classes were conducted at ATMA Uyare, providing valuable support to the students, reinforcing their learning and understanding.

ATMA Vayobandhu



As part of the ATMA Vayobandhu project, a trip was organised to Alappuzha, which involved a visit to the famous Ambalapuzha Sreekrishna temple, followed by boating in the backwaters and a visit to the beach.

ATMA Shreya



Certificates were distributed to 45 women entrepreneurs who completed the Eco-Friendly Mushroom Cultivation program in collaboration with the Entrepreneurship Development Institute of India (EDII), Ahmedabad, as part of the ATMA Shreya Livelihood Enhancement project.

Certificates were also awarded to those who completed the 1 month training on 'Digital Skills for Entrepreneurs' conducted by ATMA Digital & Financial Empowerment Centre in collaboration with Apni Pathsahaala.

The event also honored the five women auto-rickshaw drivers who were provided with e - autorickshaws earlier in January. The function, conducted at ATMA Yoga Hall on 29th March, was graced by the presence of Sri Sebin Antony, DGM, NABARD and Sri Sarath Sankar, Programme officer, EDII.

The event celebrated entrepreneurship and ATMA Shreya's commitment to skill development and certification.

ATMA DAFEC



Financial Literacy

1 session on Financial Literacy was conducted in Pamboor library with 40 participants.

Apni Pathshala

At the Apni Pathshala Live Pod, 10 new students enrolled for regular classes for different courses. 10 women entrepreneurs successfully completed the course, 'Digital Tools for Entrepreneurs'. Two outreach sessions were conducted at Olarikkara GUP School with 167 students

ATMA FCC & CADC

5 families took help from ATMA Family Counseling Center & Child and Adolescent Development Center in March.



ATMA RADC

ATMA hosted 9 new interns in March - 8 MSW students hailing from St. Kuriakose College, Kuruppampady, Don Bosco Arts and Science College, Angadikadavu, Don Bosco College, Sulthan Bathery and Amrita Vishwa Vidyapeetham Coimbatore, and one BSW student from Central University of Karnataka.

Yogapeethom



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

Family Get together



Our monthly family get-together was held at ATMA Foundation Yoga Hall on 29th March.

Upcoming Events

Vishu Celebration

& ATMA Family Get Together

@ ATMA Gurukulam

12th April, Saturday 10.30 am - 12.30 pm

Living in Harmony

5 day Talk Series by Sri C K Suresh

23 - 27 April, 6.00 - 7.30 pm

@ Chinmaya Vidyalaya, Kolazhi

Empowered Mentor

Full-day workshop on Developing

Mentoring Skills

on 1st May, 9.30 am - 4.30 pm

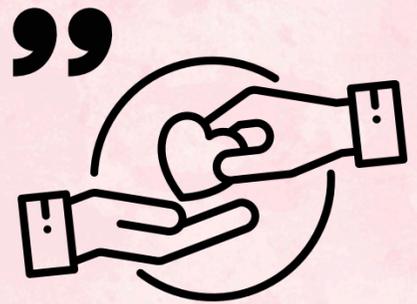
@ YWCA Hall, Thrissur

ATMA Raising Day Celebration

on 8th May, Thursday

Join

“
ATMA SIP
Systematic Involvement Plan
for Social Impact



Be more than a Donor...



Be a part of ATMA!!

Help ATMA sustain our regular projects
by making a **recurring monthly donation**

ATMA is a seed of social good.

ATMA SIP is your care and nourishment.

Together, let's grow a tree that shelters lives and
bears fruit for society.

If you would like to start
an ATMA SIP, [click here](#)

We shall get in touch with you
for details!





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



ATMA FOUNDATION

boism-8304949380@boi

Connect with us

