



HARMONY

the Official Newsletter of ATMA Foundation

... Happy Living with Healthy Relationships...



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Founder's Message

Dear friends,
Salutations!

The feedback from the ATMA social impact conclave for the last two years has reiterated the need for support for many other grass root level NPOs in Kerala.



Hence ATMA has decided to take the initiative in this area too and extend support to NPOs - we are taking up their capacity building as an important area in our work. The workshop in CANVA was a step in this direction.

Another area that gives us immense satisfaction is ATMA Shreya. The spirit and enthusiasm we could generate in the participating women is really satisfying. My special appreciation to Nivedita teacher and Reshmi for leading this project.

ATMA's progress in the HCL Tech Grant competition is an important milestone in our way forward. My heartfelt Gratitude to all our committed volunteers who have contributed to our progress. Thank you All!

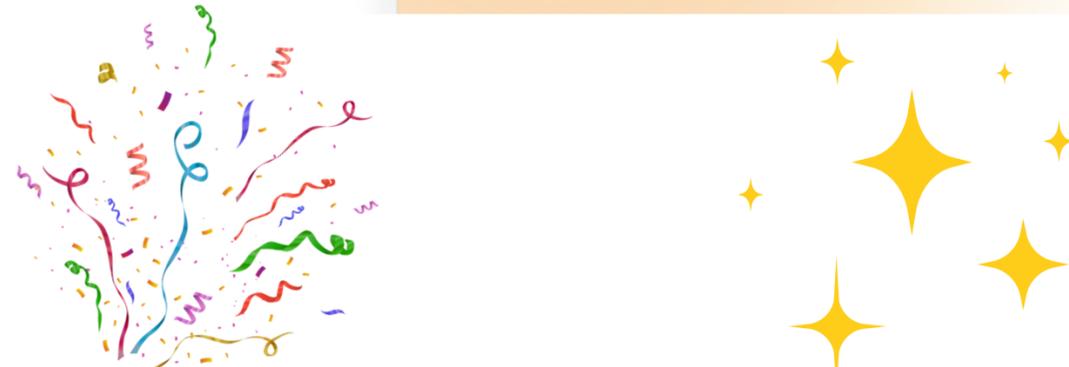
Looking forward, we welcome more effective volunteers to our team. Please come forward.. let us do more good together..

Love

C K Suresh



Volunteer of the Month



Congratulations

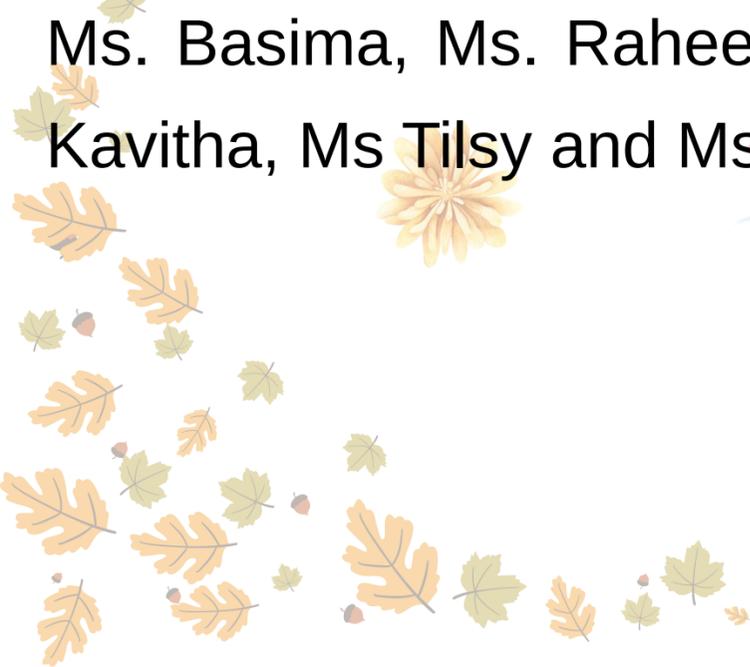
NIVEDITHA TEACHER!!



We extend our sincere appreciation to Niveditha teacher and the entire team of trainers for their dedicated efforts in training 100 women at Thrissur and Venkitangu. Their combined guidance and encouragement, with notable contributions from Niveditha teacher, have empowered these women to pursue better livelihoods.



We would like to acknowledge the hard work and enthusiasm of our ATMA Shreya Mushroom Cultivation Team – 2025 for volunteering in the 2nd edition of Social Impact Conclave, held on September 30, October 1, and 2. Heartfelt thanks to Ms. Saritha, Ms. Ayswarya, Ms. Babra, Ms. Mini, Ms. Shylaja, Ms. Basima, Ms. Raheena, Ms. Sandhya, Ms. Sudhimol, Ms. Kavitha, Ms. Tilsy and Ms. Magy for their invaluable support.



ATMA Ayush Health Center



A Bone Mineral Density (BMD) Camp focusing on the early detection and prevention of low bone density was held on 22nd November at the ATMA Ayush Health Centre, Kolazhy, organized by ATMA Foundation in collaboration with BUFIC, with 50 participants. The camp included preliminary assessments, free DEXA scans, Ayurvedic consultation by Dr Yadav and an awareness session on osteoporosis prevention, essential nutrition, safe exercises and lifestyle practices to enhance bone health.

ATMA Vayobandhu

Celebrate 55+



A Celebrate 55+ session was conducted at the ATMA Ayush Centre with 15 participants, where Dr. Haritha led an informative session on bone density, including guidance on relevant tests, recommended food and essential practices for maintaining bone health.



ATMA Gurukulam

The Gurukulam management committee meeting, held at ATMA Gurukulam was graced by the presence of Child Welfare Committee member Adv. Rajeev Krishna and DCPU member Mr Alex.

We are proud to share that our children, Thanisa and Aneeja, were selected for the study tour to Thiruvananthapuram organized by the Department of Women and Child Development, Thrissur.

Poorvika and Anamika showcased their talents in the drawing and speech competitions held at the Thrissur Collectorate by the Department of Women and Child Development and the District Child Protection Unit.

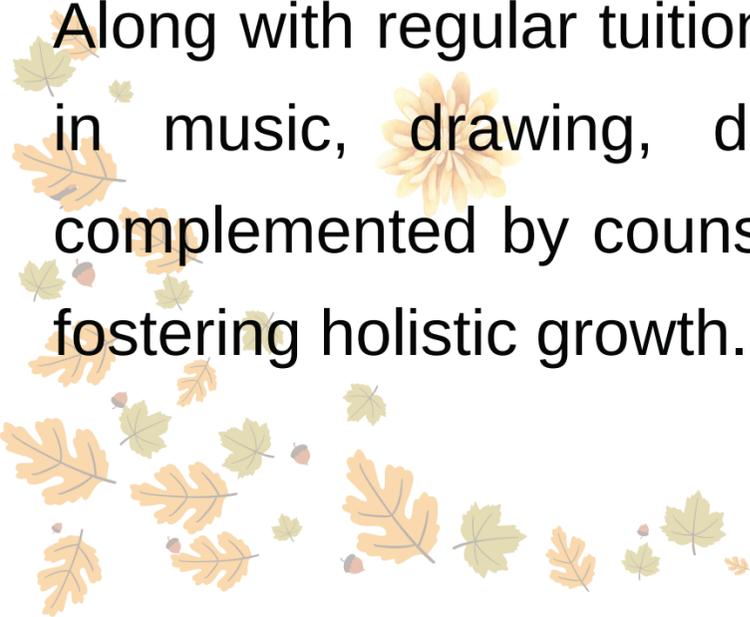
Susmitha participated in a one-day children's camp organized by Kaval+.

Gurukulam welcomed Ms. Manisha P M as the new Child Welfare Officer. We are delighted to have her join our team!

Ms. Reshmi, Superintendent of ATMA Gurukulam, and Ms. Manisha participated in a one-day workshop organized by the Kerala State Commission for Protection of Child Rights, at Ernakulam.

They also attended an online workshop conducted by the District Child Protection Unit on the topic 'Transition to Aftercare'.

Along with regular tuition, students attended weekly sessions in music, drawing, dance, yoga and computer skills, complemented by counselling and value-education sessions, fostering holistic growth.



ATMA Uyare

As part of ATMA Uyare, 40 sessions were conducted, focusing on regular tuitions, foundational learning in English and Mathematics, along with training in public speaking and communication skills.

Children who are attending ATMA Uyare classes, including ATMA Gurukulam students of classes 8 to 12, participated in 'Disha', a one-day career development program organized in collaboration with the 'Build India Greater Foundation'. Held at Sree Gurudeva Vidyanikethan School, Penakam, the program brought together 42 participants and assessed their career interests and strengths using the Multiple Intelligence Theory.

ATMA Shreya



We successfully concluded a 26-day Entrepreneurship Training Programme on Mushroom Cultivation for 110 aspiring women entrepreneurs, organized in collaboration with the Entrepreneurship Development Institute of India (EDII), Ahmedabad. Hosted across two centres - ATMA Foundation, Thrissur and Gramabharathi, Venkitangu - the programme was designed to nurture confidence, skills and the spirit of entrepreneurship among women.

Participants experienced hands-on learning through a field visit to the Incubator Centre in Mannuthy, practical value-addition sessions with mushroom products, as well as guided classes in yoga, banking, marketing etc.

More than a training, it became a journey of empowerment, where women discovered new possibilities, supported one another and took meaningful steps toward building their own sustainable enterprises.



Exhibition



The women entrepreneurs trained in mushroom cultivation at ATMA Foundation had a wonderful opportunity to participate in the exhibition organized by the Inner Wheel Club, Thrissur, at the YWCA Hall. They proudly showcased and sold a delightful range of mushroom-based products — from fresh mushrooms to value-added items like mushroom pickle, sharbat, payasam, fried rice and mushroom pappadam. The event became a meaningful platform for them to present their skills, gain confidence and connect with the community.

ATMA DAFEC



15 participants attended the free, half day Canva workshop held at ATMA DAFEC, empowering NGO members with the design skills needed to create their own brochures.

75 students continued their regular computer classes at **APNI Pathshala Livepod**, including 6 new women learners who enrolled in the course - 'Digital Skills for Entrepreneurs' this month.

Through our outreach sessions at GUPS Arimbur, GUPS Olarikkara, and NVUP School Kottappuram, we engaged 436 students, nurturing confidence, curiosity, and digital readiness in young minds.

ATMA SPC

An awareness session on the 'Protection of Women from Domestic Violence Act' was taken for 35 women entrepreneurs of mushroom cultivation training program in Thrissur. Another session was taken under the 'Orange the World' campaign at Anganwadi Center No.27, Urakam, where 13 participants learned about digital violence and the DV Act — both led by Adv Gayathri T D, Legal Advisor, ATMA SPC.

Family Counsellor Kavya Surendran conducted a session at Urakam AWC No.11 "Snehadeepam," guiding 10 participants on the Domestic Violence Act and positive parenting.

ATMA FCC & CADC

8 People took help from ATMA Family Counselling Centre & Child and Adolescent Development Centre in November.

ATMA RADC

1 new trainee, holding Master's degree in Social Work joined ATMA this month. Warm welcome to our team.

Family Get-together



The ATMA monthly family get-together was held on November 21st at the ATMA Foundation office, where past programs were reviewed and upcoming events discussed. Staying true to our mission of empowering women, the evening was made special by our women mushroom entrepreneurs, who lovingly prepared delicious mushroom-based snacks for everyone.

Medical Aid



ATMA Foundation extended timely support by providing emergency medicines to a person in need. Such efforts underscore our commitment to community welfare.

Visits



Dr. Dhruv Mangad and Mr Dharam Vikas Immanuel from the HCL Tech Grant team visited ATMA Foundation as part of a field audit. During their visit, they interacted with various project beneficiaries and acknowledged ATMA Foundation's achievement of reaching the 4th level of the HCLs Tech Grant.

Session for Youth



A motivational session was conducted for the NCC cadets of Nedupuzha Women's Polytechnic in November, led by Dr. Sangeetha N. The session, which saw the participation of around 70 cadets, helped them build confidence and self-belief.

Workshops

Sri C. K. Suresh, Director of ATMA Foundation, participated in a CSR session organized by CEVA in Ernakulam.



ATMA Foundation

Surya Gardens, Paliyam Rd, Thrissur, Kerala - 680001

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