

# HARMONY

The Official Newsletter of ATMA Foundation

*... Happy Living with Healthy Relationships...*



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# Upcoming Events

**ATMA Ayush Health Centre, Kolazhy**

**FREE DEXA SCAN CAMP**

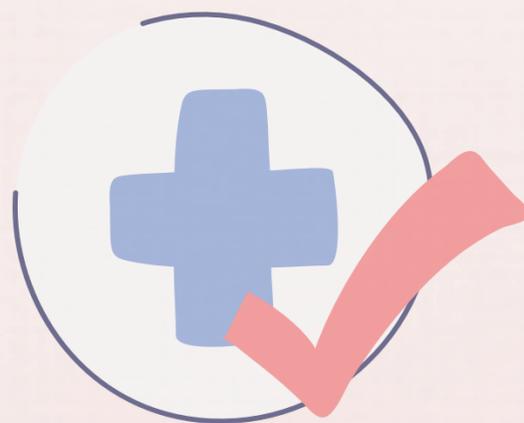
**Early Detection of Bone Weakness and  
Osteoporosis!**

**Date: 22/11/2025  
Saturday**

**Time: 10am - 1pm**

**Location: ATMA Ayush Health Centre, Kolazhy**

- ◆ **A painless test to assess bone weakness and fracture risk**
- ◆ **Detect Osteoporosis early**
- ◆ **Completely painless**



## FOUNDER'S MESSAGE

Dear Friends,  
Salutations!



The second edition of the ATMA Social Impact Conclave has been a great success!

With a focus on capacity building of NPOs this year, we were able to arrange impactful sessions on relevant topics like Governance, Compliance and Fundraising. We are deeply thankful to Nusocia, the knowledge partner for the conclave, for the highly impactful sessions and the continued support over the 3 days. Our heartfelt gratitude to all the faculty, whose commitment to the empowerment of grassroots organisations brought them here in spite of their busy schedule. We are really privileged! Our love and thanks to all the participants - we look forward to continuing this learning journey with you! My sincere thanks to all ATMA volunteers whose dedicated efforts over many months have made this conclave a success!

Our regular projects are also going well - the next batch of mushroom cultivation training for women has commenced as part of our Shreya project. The ATMA DAFEC has started an outreach class in a new school and so on.

As we look forward to more impactful projects in the coming months, we are also focusing on consolidating and professionalising our organisation's systems and processes. With the support of more volunteers with expertise in different fields, we can definitely become a model organisation and also handhold others to reach there. Together, WE CAN!

Love,

C K Suresh



Harmony |

Oct 2025

## ATMA Vayobandhu



ATMA Ayush Health Centre, Kolazhy, hosted “Celebrate 55+,” a get together for senior citizens that featured an engaging session on “Digital Banking” by Sri V. K. Ramachandran. The event saw the participation of twenty attendees.

## ATMA Gurukulam



The children visited Sadgamaya Balika Sadanam, Venkitangu, where they spent heartfelt moments interacting with the Sadgamaya girls, followed by a refreshing visit to Engandiyur beach. Children celebrated Diwali at Gurukulam. Ms Aneeja was part of the gold medal winning team in the inter-school Kho-Kho competition. Our senior girl Laya, who is doing her Masters in Social Work in Vimala College, participated in the National Study Tour to Mumbai.

Alongside regular tuition classes, students engaged in weekly enrichment sessions in music, drawing, dance, and computer skills, fostering holistic development. Regular yoga practice enhanced their physical and mental wellbeing, while counselling and value-education sessions supported their emotional and moral growth.

# ATMA Shreya



In October, a 26-day Entrepreneurship Training Programme on Mushroom Cultivation was started for aspiring women entrepreneurs, in collaboration with the Entrepreneurship Development Institute of India (EDII), Ahmedabad. The programme is being conducted at two centres — ATMA Foundation, Thrissur and Gramabharathi, Venkitangu and has seen the active participation of 110 women.



## ATMA Uyare

As part of ATMA Uyare, 45 sessions were conducted, on foundational learning in English and Mathematics, along with training in public speaking and communication skills.

## ATMA DAFEC



This month marked the launch of the outreach class at Arimbur GUP School, Thrissur, benefiting 241 students. The class was inaugurated by Sri C K Suresh, Director, ATMA Foundation. Three sessions were held at the new centre, making a total of 11 outreach classes across the three schools—four at NVUP School for 57 students and four at GUP School, Olarikkara, reaching 138 learners.

8 new students enrolled in the Digital Literacy Programme at **APNI Pathshala** live pod center at ATMA DAFEC, bringing the total active enrolment to 46, reflecting the growing interest and positive response toward our digital education initiatives.

## ATMA FCC & CADC

11 People took help from ATMA Family Counselling Centre & Child and Adolescent Development Centre in October.

## ATMA SPC

In observance of World Mental Health Day on October 10, an awareness session was conducted at Urakam Anganwadi Centre No. 12, Kairali Nagar, led by Family Counsellor Kavya Surendran on the DV Act and mental health. 20 participants attended the session.

## ATMA RADC

Three new trainees holding Master's degrees in Social Work joined ATMA this month. We extend a warm welcome to the new members of our team.

## ATMA Family Get - together

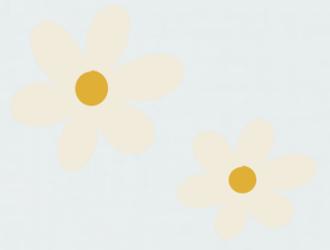


Our Diwali family get-together was held at ATMA Foundation premises on 18<sup>th</sup> October. It was filled with warmth, laughter, and performances by Gurukulam children.

During the family get-together, we celebrated the birthdays of our volunteer Niveditha teacher, volunteer employee Ms Kavya and Ms Haripriya of ATMA Gurukulam.

# Social Impact Conclave

## 2<sup>nd</sup> Edition



The Social Impact Conclave – 2nd Edition, organized by ATMA Foundation from October 31st to November 2nd, 2025, at Ezhuthachan Samajam Hall, Thrissur, successfully brought together 45 participants from 30 NPOS across 10 districts, for three enriching days of learning, networking and capacity building.

Dr. Manju Menon (Co-Founder & CEO, Nusocia) spoke on “A Professional & Governed Organisation – What, Why & How”, highlighting the importance of structured governance and professionalism in social sector organisations.

Sri Jinesh Lal (Executive Director, Sewa International) delivered a session on “Professional Social Work & the NPO Sector”, emphasizing the evolving role of professional social workers in strengthening nonprofit initiatives.

One of the most appreciated sessions, “CSR – Proposal to Reporting” by Smt. Sindhu Nambiath (Director Impact & Customer Success- Nusocia), offered practical guidance on effective fundraising and donor communication.

The panel discussion, “Graceful Ageing – A Kerala Perspective”, inspired participants to envision community-based elderly care initiatives across the state. Adv K Somaprasad (Chairperson- Vayojana Commission), Dr P Prathapan (Director-Centre For Gerontological Studies), Dr Siju Jose Koonan (Assistant Professor & Head Department of Geriatric Medicine Jubilee Mission Hospital) and Dr Sangeetha N were the panelists. The session was moderated by Sri C K Suresh.

Sessions by CA Sri Arun Palassery (Wadhvani Foundation) on Income Tax Compliance and FCRA Regulations provided much-needed clarity on legal and financial transparency.

The session “Enhancing Digital Presence” by Sri Kalesh, (Founder Bispage Communications), offered profound insights into the growing significance of the digital landscape for NGOs.

The insightful session on marketing and branding by Ms. Hima Nandan (Udhyam Learning Foundation) was effective and well-received by the participants.

Another highlight, “Funding Prospects & Our Role”, led by Sri C K Suresh, Ms Parvathy Ganesan, and Dr Sangeetha N, opened new avenues for NGOs to explore diverse funding opportunities.

Hands-on workshops on Impact Reporting, Digital Presence, Organisational Development, Marketing & Branding, and Fundraising Events further enhanced participants’ practical and digital competencies.

Participants described the conclave as “highly beneficial and transformative”, committing to implement improved systems for governance, compliance, and impact reporting within their organizations.





**Dr. Manju Menon, Ph.D. (Co Founder & CEO – Nusocia)**



**Smt. Sindhu Nambiath, (Director-Impact & Customer Success with Nusocia)**



**Sri Arun Palassery  
FCRA Consultant  
CA- Wadhvani Foundation**



**Sri C K Suresh. Founder & Director – ATMA Foundation)**



**Sri Jinesh Lal  
Executive Director- SEWA International**



**Ms. Hima Nandan  
Partnerships & Fundraising specialist  
Udhyan Learning Foundation**



**Sri Kalesh K, Founder – Bispag Communications**



**Ms. Parvathy Ganesan  
Executive Director, Projects & Partnerships-  
ATMA Foundation  
Social Impact Assessor and Trainer in Local  
Fundraising**



**Dr. Sangeetha. N  
Lead programmes-ATMA Foundation**



**Adv. K Somaprasad  
Chairperson - Vayojana Commission  
Former Rajya Sabha member, former  
District Panchayat President (Kollam),  
and State secretary of Pattikajaathi  
Kshema Samithi.**



**Dr. P Prathapan  
Director-Centre For Gerontological Studies**



**Dr Siju Jose Koonan  
Assistant Professor & Head  
Department Of Geriatric Medicine  
Jubilee Mission Hospital**



# ATMA Foundation

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**Support Us. Volunteer. Donate.**

Click this link to go to our donations page

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