



# HARMONY

The Official Newsletter of ATMA Foundation

...Happy Living with Healthy Relationships...

**Join us in our new projects!!**

**Be a volunteer for supporting a social cause**

## CONTENTS

Founder's Message	1
Educational Support Initiative	2
ATMA Vayobandhu/Gurukulam/Uyare	3
ATMA Dafec	4
ATMA Yogapeethom / Kalakshetram	5
Observation Visit /	
ATMA FCC & CADDC /	
ATMA Service Providing Centre	6

## FOUNDER'S MESSAGE

Salutations to all,  
ATMA has always believed in serving humanity and we try to instill this spirit in our volunteers too.



Lending a helping hand to anyone in need brings immense joy and we experience this feeling to the utmost.

Our brand new initiative, ATMA “Vayobandhu” that supports senior citizens of our society, is our humble expression of serving those who have helped to shape our present and future.

With the support of National NGO’s Confederation, ATMA has initiated an Educational and Livelihood Support Program and has distributed laptops to deserving candidates.

We are happy that regular classes are going on at ATMA Yogapeethom and Kalakshetram and we look forward to extending these facilities to more people of all age groups.

Let us all work together to spread more joy around us!

Love  
C.K.Suresh

# EDUCATIONAL SUPPORT INITIATIVE

As part of our Educational Initiative, ATMA, with the support of National NGO's Confederation, distributed HP laptops to 15 deserving candidates. The event was held at the ATMA office premises, Thrissur, in the presence of many of our well wishers.



## **ATMA VAYOBANDHU**

ATMA 'Vayobandhu', a project that aims to support senior citizens, is the new creative social intervention project of ATMA Foundation.

An extensive survey and analysis in connection with this project, is underway.

We need more committed volunteers for the smooth functioning of these projects. We cordially invite you to join us!

## **ATMA GURUKULAM**

ATMA Gurukulam monthly meeting was held as per schedule. Child Protection Officer Ms. Shalini attended this meeting. Gurukulam children attended Music, Dance, Value education and Uyare classes and counselling sessions. Our Gurukulam student, Ms. Reshma, participated in the Sub district sports competition.

## **ATMA UYARE**

ATMA Uyare has conducted 100 classes this month, for students from standard 5 to college level, including special Communicative English sessions

# ATMA DAFEC

10 new students registered in September as a part of our Apni Pathsala live pod programme for learning computers.

We have 48 students presently studying in DAFEC and we have been able to educate 60 students till date.



ATMA DAFEC conducted 5 classes this month in Mullassery, Ammadam, Thalikulam and Urakam. A total of 361 people benefitted from these classes.



## ATMA YOGAPEETHOM

Weekday and Weekend yoga classes are being conducted at our Thrissur and Palakkal centres.

## ATMA KALAKSHETHRAM



Regular classical dance sessions are held at our Kolazhy and Palakkal Centres. New batches will begin at our Thrissur centre from October.

Regular music classes are in full swing at all our centers.

**Admission continues in ATMA Yogapeethom and Kalakshethram at Thrissur, Kolazhi and Palakkal centers.**

## OBSERVATION VISIT



18 MSW students from Sahrdaya College, Kodakkara visited ATMA as part of their curriculum

## ATMA FCC & CADDC

ATMA Family Counselling Center & Child and Adolescence Development center continue services for counselling and remediation.

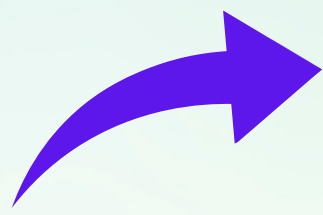
ATMA FCC, Palakkal conducted classes on mental health at JPE Training College, Koorkenchery for +1 commerce and science students. 104 students attended this session.

## ATMA SERVICE PROVIDING CENTRE



One case was reported at ATMA SPC Palakkal centre. As a part of our monthly activity, Adv Gayathri T.D took classes on Domestic Violence Act for + 1 commerce and science students of JPE Training College, Koorkenchery.

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