



Harmony

The official Newsletter of ATMA FOUNDATION

...Happy Living with Healthy Relationships...



CONTENTS

Upcoming Events	2
Founder's message	3
ATMA AYUSH Health Centre -Medical Camp	4
ATMA Gurukulam /	
ATMA Uyare	5
ATMA Shreya /	
ATMA DAFEC	6
ATMA Kalakshetram /	
ATMA SPC / FCC& CADC	7
Family Gettogether /	
Sessions with C K Suresh	8

Upcoming Events



ATMA Social Impact Conclave 2nd Edition

A confluence of stakeholders
in the Development Sector

2025 October 31, November 1 & 2 @ Thrissur
Theme: Building Capacities for Greater Impact

*An opportunity for Non Profit Organisations
to meet, learn & grow TOGETHER*

**Inviting all ATMA Volunteers
to support this initiative by -**

- Participating as a delegate
- Volunteering for organising the event
- Inspiring other social organisations & social work professionals to participate

[Click here for details](#)

ATMA Shreya

FREE Training for Women Entrepreneurs
on Mushroom Cultivation
starting in October

Batch 1 @ ATMA Foundation, Thrissur

Batch 2 @ Gramabharathi, Venkitangu

**Details & Registration
call: 8330010040**





FOUNDER'S MESSAGE

Dear Friends,
Salutations!

Navaratri, for us, is a celebration of Strength & Wealth & Knowledge, as Onam is a Festival of Prosperity.



We, at ATMA, celebrated both these festivals with our beloved Gurukulam children in September. These celebrations and get-togethers bring us together as a family, fostering a culture of sharing and caring in our team.

Preparations are going on for our flagship event - the 2nd ATMA Social Impact Conclave, from Oct 31 to Nov 2. I request all our volunteers and well wishers to contribute as much time and effort as they can to make this conclave a bigger success than the last one. We hope to make this an Annual Event, one that will be marked in Kerala's Development Calendar.

As our work grows, we need more committed volunteers to take up new responsibilities! I invite everyone who wishes to contribute to society, to join our wonderful team. Together, we can do more good in a better way!

Wishing everyone a Happy Diwali in advance!

Love,

C K Suresh

ATMA AYUSH Health Centre

Medical Camp



On 28th September 2025, ATMA Foundation, in collaboration with Raksha Health Care Solutions and Kerala Association for Physiotherapists' Coordination (KAPC) Thrissur, conducted a medical camp focused on physiotherapy and general wellness at the ATMA Ayush Health Centre, Kolazhy.

Led by Dr. Bobby Chungath and Mr. Gibin Johnson, the camp offered free health check-ups, physiotherapy consultations, and an awareness session on Healthy Ageing. A total of 25 participants benefited from the initiative, which aimed to promote preventive healthcare and enhance the well-being of senior citizens.



ATMA Gurukulam



The students of ATMA Gurukulam actively participated in yoga, counselling, and value education sessions, fostering their overall well-being and personal growth. They celebrated Onam by preparing a traditional sadya and designing pookkalam. During Navarathri, they expressed their creativity through an elegant Bommai Golu display. They were also taken to visit major temples in Thrissur. As part of an Inner Wheel Club initiative, children created Diwali greeting cards for the soldiers of the Indian Army. The monthly Home Management Committee meeting was held in the presence of DCPU representatives Adv. Reshma and Mr. Alex, and CWC member Adv. Vijayan.

ATMA Uyare

A total of 26 classes were conducted at ATMA Uyare, including two special sessions on Effective Communication led by Ms Shweni Sunil, a student from the U.S.





ATMA Shreya



The ATMA Shreya team had the privilege of presenting a programme on Akashvani Vanitha Vedi, highlighting inspiring success stories of Shreya participants on their entrepreneurial journey. Our heartfelt thanks to Akashvani for this wonderful opportunity.

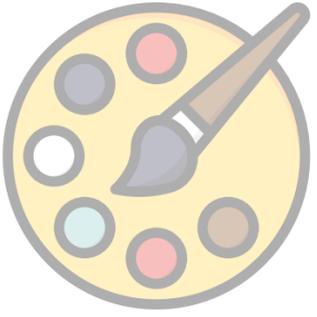
ATMA DAFEC



This month's highlights include the inspiring journey of Ms Sreeja Vinodkumar, featured as the 'Success Story of the Month' by **APNI Pathshala** for clearing the IRDA exam with support from the ATMA Digital Literacy Programme and the outstanding performance of Athira A.R and Abini, who ranked among the top performers out of 258 participants in the Chalo Seekhe Campaign. In September, 195 students participated in digital skill sessions at Namboothiri Vidhyalayam and Olarikkara Govt. UP School, while 40 students continued regular learning at the **APNI Pathshala** Centre at ATMA Foundation.

ATMA Kalakshethram

ATMA Foundation has launched a new drawing class at ATMA Foundation premises at Paliyam Road - If you are interested in exploring your creativity we warmly invite you to join us.



As part of the vibrant Navarathri celebrations, the disciples of ATMA Kalakshethram teacher, Kalakshetra Raghi Satheesh, offered a performance at Sree Kottaram Mookambika Temple, Kolazhy.

ATMA SPC



Two ATMA SPC awareness sessions were conducted by Family Counsellor Ms Kavya Surendran on the topic Domestic Violence Act and Mental Health at Avinissery Anganwadi Centre No. 88 'Lavanya' with 15 participants, and at Urakam Anganwadi Centre No. 14 'Aksharamuttam' with 20 participants.

ATMA FCC & CADC

13 individuals sought support from our Family Counselling Centres and the Child and Adolescent Development Centre.

ATMA Family Get together



Our Onam family get-together was celebrated at ATMA Gurukulam on 7th September. Gurukulam children, together with ATMA volunteers, prepared a delicious traditional Onam sadya. The event was filled with warmth, laughter, and vibrant cultural performances, making it a truly memorable celebration.

Sessions with C K Suresh



Sri C K Suresh, Director, ATMA Foundation, conducted four parenting sessions at Govt HSS Ayyanthole, National HSS Engandiyur, Model Boys HSS Thrissur, and Vivekodayam HSS Thrissur. Approximately 800 parents benefited from these sessions. Another session was conducted at Peroorkavu Sree Durga Bhagavathy Temple, as part of Navaratri celebrations with 250 participants.

**Your NEW Destination for
Holistic Wellness**

ATMA AYUSH Health Centre

@ KOLAZHY, Thrissur

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

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



www.atmafoundation.org

info@atmafoundation.org

ATMA FOUNDATION

boism-8304949380@boi

Connect with us

