



HARMONY



the Official Newsletter of ATMA Foundation

... Happy Living with Healthy Relationships...



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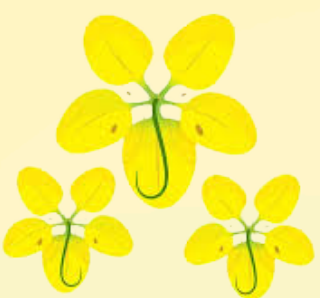
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Upcoming Events

- **Family Get together - May 16th @ ATMA Foundation, Thrissur**
- **Thyroid Test & Sugar Test - May 17th & 24th @ ATMA Ayush Health Center, Kolazhy**
- **Entrepreneurship Training in Mushroom Cultivation - May 25th to May 29th @ ATMA Ayush Health Center, Kolazhy**



Founder's Message

Dear All, Salutations!

April, being the time of the school summer vacation, gave us an opportunity to organise some special programmes for our Gurukulam children.



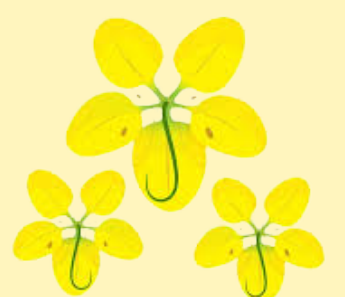
At the same time, we are also in the process of strengthening our ATMA Ayush Health Centre as an independent project initiative. We now have a full-time Ayurveda doctor at the centre, along with senior doctors conducting regular OP consultations. In a nutshell, ATMA Ayush has become a full-fledged guidance and therapy centre at Kolazhi, supported by qualified professionals offering different Ayurveda treatments and therapies.

We request all of you to kindly spread this information and help more people benefit from the facilities and services available at our Ayush Centre.

Next month, we are planning to celebrate the 21st Raising Day of ATMA Foundation in a fitting manner.

We look forward to your continued involvement and support in our activities. Together, let us create greater social impact!

Love,
C K Suresh



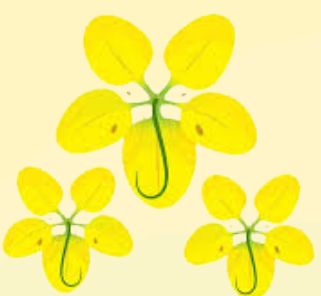
Volunteer of the Month



Congratulations to Ms Athira A R, our Gurukulam girl and Accounts Trainee at ATMA Foundation. Her dedication, discipline and smart handling of accounts work truly reflect her commitment and sincerity. She completes her tasks with care and remarkable speed, making her contribution truly valuable to the team. We appreciate her efforts from and wish her all the very best ahead.

ATMA Ayush

From April 6th to 10th, ATMA Ayush organized 'Yoga for Women's Health,' a well-structured program, addressing various women's health concerns, which received a positive feedback.



ATMA Gurukulam



A picnic was organized to Matsyafed, Fish Farm Aqua Tourism, Malipuram, a serene coastal village near Vypin, where students experienced fishing and boating. The trip offered a refreshing trip into nature and created moments of pure happiness.

Adding to their joyful experiences, the students visited Gemini Circus at Sakthan Nagar, Thrissur, where laughter and wonder filled their hearts.

Students from classes 6 to 12 are stepping forward with confidence, enrolling in Civil Service coaching and nurturing their dreams of a brighter future. Their journey is enriched not only through academic support but also through regular drawing, dance and value education classes, helping them grow into confident, capable and responsible individuals.





Vishu was celebrated at ATMA Gurukulam with warmth and traditional spirit, bringing all our children together in a beautiful festive atmosphere filled with joy, togetherness, and cherished memories.

ATMA Shreya



Over 3 days at Chittanda Gaja National Park, alongside the Puthiyakavu Bhadrakali Temple Festival, a beautiful spirit of unity and empowerment came alive. Shreya women showcased and sold their homemade food products, while women auto drivers—supported with electric autos by ATMA Foundation—provided transportation, supporting fellow women entrepreneurs. It became a heartfelt gathering of ATMA Shreya women, reflecting cooperation, confidence and a shared journey toward self-reliance - a simple yet powerful example of women supporting women.

ATMA DAFEC



ATMA DAFEC was recognized as **'Pod of the Month'** under **APNI Pathshala**, marking a significant milestone in its ongoing efforts. During the month, 31 students actively attended classes, reflecting strong engagement and continuity in learning. The enrollment of 11 new students further highlights the growing reach and impact of the initiative.

ATMA SPC

ATMA SPC carried out various outreach and awareness activities. The Women Protection Officer, Ms Soumya R, visited ATMA SPC on April 7th.

Four Jaagratha Samithi meetings were attended at Parakkovil AWC No. 25 (Pathanapuram), AWC No. 26 Udhaya (Thiruvullakkavu), AWC No. 28 Souhridam, and AWC No. 13 Malar (Arattupuzha). Family Counsellor Kavya Surendran took an awareness session on the services of ATMA SPC and counselling support after the meetings. Around 30 Jaagratha Samithi members participated.

ATMA FCC & CADC

6 individuals sought support from the ATMA Family Counselling Center and 2 received care and guidance from the Child and Adolescent Development Center.

ATMA RADC

In April, ATMA Foundation hosted interns from various institutions. 3 PGDM students from Rajagiri Business School, Kalamassery; 1 MBA student from IBS Hyderabad; 4 MSW students from JPM Arts and Science College, Kattappana; 2 MSW students from CHMM College of Advanced Studies, Varkkala; 1 IPM student from IIM Rohtak, Haryana; 1 BBA student from St. Joseph's, Bangalore and 1 BSW student from Hindusthan College, Chennai.

ATMA Vishu Family Get together



The ATMA family came together to celebrate Vishu 2026 at ATMA Gurukulam, creating a day filled with warmth and togetherness.



Children, volunteers, staff, interns and well-wishers gathered not just to celebrate, but to share moments that truly felt like home. The air was filled with stories and memories of Vishu, along with laughter, heartfelt reminiscences and vibrant cultural performances that brought everyone closer.



One of the most special parts of the day was the Vishu Sadya, prepared with a variety of dishes by ATMA Gurukulam staff and volunteers. It wasn't just a festival—it was a beautiful reminder of belonging, love and the joy of being one family.

Celebration Corner



The family get-together was filled with warmth as we celebrated the birthdays of our Gurukulam girl, Ms Arunpriya and trainee Ms Anusree.

We also honored Ms Athira A R as Volunteer of the Month, making it a celebration of joy, appreciation and togetherness.

Sessions with C K Suresh

Sri C K Suresh led a session titled 'Game of Life' at Parlikkad for adolescents. The session gently guided students to reflect on choices, values and life's path.

75 students took part, making it an engaging experience.

Medical Aid

ATMA Foundation supported one individual in need by providing essential medicines, offering timely care and much-needed relief.

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

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