



HARMONY

Happier Living with Healthier Relationships

THE OFFICIAL NEWSLETTER OF ATMA FOUNDATION

WHAT'S INSIDE?

2

- **Founder's Message**

3

- It's time to talk about **DOMESTIC VIOLENCE !**
Upcoming workshop

4 & 5

- **ATMA Railway child help desk**
- **Covid Response**
- **ATMA Uyare**
- **ATMA Gurukulam**

Founder's Message

HOME , Sweet Home - It is the most beautiful place to live on this earth ! It is not the building or even the people that create it. It is the Relationships that make it a home, hell or heaven, I believe. But now, everyday, we hear about the violence and the atrocities that are happening among what ought to be sacred relationships... It really pains.. Children, women, senior citizens - anybody is a victim today. Mother, child, parent, wife - everybody is a victim today.. it really pains!

What is happening to us ? How do we enjoy the beauty of relationships ? It is our humble effort to highlight the issues related to 'domestic violence' through the seminar on 24th July. We must do more in this area. We must value relationships and the dignity of human beings..

Let us do it!

Love



- C K SURESH

UPCOMING...

DOMESTIC VIOLENCE - ONLINE WORKSHOP

Today, conflict between family members and the resulting tragedies are on the rise. In this context, ATMA Foundation in association with KE College Mannanam is organizing a workshop to discuss the Psycho - Social & Legal Perspectives of domestic violence - to understand the depth of the issue and to explore positive solutions



Saturday - July 24th | 10 AM to 12.30 PM



Inauguration :
Hon. Justice N Nagaresh
High Court of Kerala

Panel Presentaion & Interaction



Sri. K G Simon IPS
Former Superintendent of Police



Dr. Sailaja Ramkumar
Consultant Psychiatrist



Smt. Vidhubala
Counsellor & Media Personality



Felicitation :
Rev. Fr. Dr. Xavier CS CMI
Principal, KE College, Mannanam



Moderator :
Sri. C K Suresh
Director, ATMA Foundation

[Click here](https://bit.ly/atmaseminar) For Free Registration:
<https://bit.ly/atmaseminar>

NEWS & EVENTS IN JUNE...

ATMA GURUKULAM

- Plus-one students had an online interaction with Mr.Dinesh Nair(former football player).
- All children attended a session on 'Let's find one's skills' led by DSLA, DCPU and Childline as part of the programme ' kaliyoonjal'.
- Children attended an online interactive program for children of CCI's and inmates of old age homes as part of the programme' kaliyoonjal'
- 3 Higher secondary students attended the 'Vivekayanam' Quiz 2021, and all of them got selected for the next round.



ENVIRONMENT DAY CELEBRATION

@ ATMA GURUKULAM ON
5TH JUNE 2021

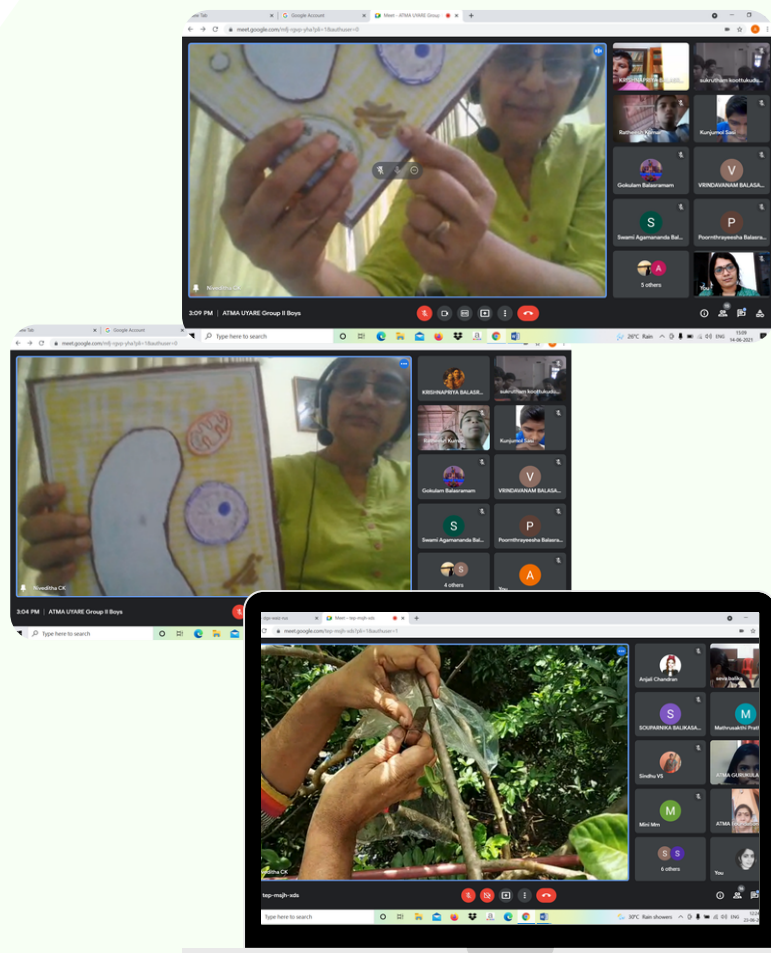
UYARE

LEARNING SUPPORT TO UNDERPRIVILEGED CHILDREN

A feedback and interaction session was organised for the Volunteer Teachers of ATMA Uyare on 6th and 8th of June 2021.

This year, more institutions from different parts of Kerala have enrolled in the project. 430 students from 34 Children's Homes are now learning with ATMA Uyare, supported by 30 volunteer teachers from all over the world.

The classes for new batches have started for all childcare institutions. Class-wise learning support is also being provided this year for children in higher classes.



ATMA RAILWAY CHILD HELP DESK

RCHD organized an online awareness program on 6th June, on the topic "ONLINE SCAMS". The session was led by Mr. Sujith Nair, Cyber Crime Investigator, Thrissur. Around 40 parents and children attended the session.



A HELPING HAND..

BY ATMA FOUNDATION

Being compassionate to those around us and reaching out to those in need has always been ATMA's priority.

In this pandemic era, too, we have tried our best to fight for them and with them.

Along with emotional support to overcome this pandemic we have given material and financial support to those in need. ATMA has provided 2 smartphones and 1 laptop for educational purpose to children in Child care Institutions, and medical assistance to 4 families.

“

SERVING THE LESS PRIVILEGED, IS AN EXPRESSION OF GRATITUDE FOR THE BLESSINGS WE HAVE !

- C K SURESH



Click here to

[**DONATE NOW**](#)

THANK YOU...



We bid goodbye to two of our team members - Ms Anjisha M, Coordinator of Railway Child Help Desk, Thrissur and Ms Gauri Suresh Kumar, Child Welfare Officer of ATMA Gurukulam.

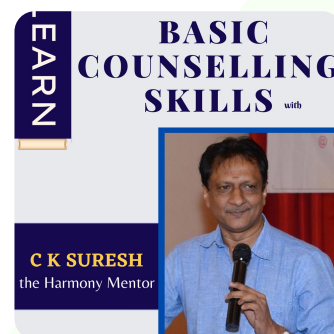
We wish them the very best for the future!

WELCOME...

We are happy to welcome Ms.Akhila P L, as the new coordinator of Railway Child Help Desk, Thrissur, and Ms Reshma P Mohandas as the new CWO at ATMA Gurukulam. Looking forward to working with you!

HARMONY COUNSELLING

With the pandemic creating prolonged emotional challenges, it is important to empower oneself and also to learn to support others. An interactive 5- day online workshop by Sri C K Suresh on the Basics of Harmony Counselling was conducted from 14th to 18th June 2021.



WEEKLY SATSANG

Over 50 ATMA volunteers and well-wishers regularly participate in the weekly 'satsang' or discussion groups conducted online. Led by Sri C K Suresh, open sharing and interactions are encouraged on any topic that helps personal growth and well being.



INTERNATIONAL DAY OF YOGA

ATMA Foundation Director Sri. C K Suresh was a guest of honour for the International Yoga Day celebrations organised by 'Prana', an international organisation that promotes yoga. In the online session on 9th June, he gave a short talk on 'Unconditional Love'



LIVING IN HARMONY



Sri. C K Suresh gave a short talk on the topic 'Harmony in Relationships' at the Rotary Club of Palghat East on June 4th, 2021.



ATMA Foundation
Volunteering Transformation
Surya Gardens, Paliyam Rd,
Thrissur, Kerala 680001
www.atmafoundation.org



+919400995232



info@atmafoundation.org

Be an ATMA Volunteer!

If you would like to join us in this joyous journey of service, you are WELCOME!

Share your details in this [FORM](#) - we shall get in touch with you! Or [Click Here](#)

Follow Us on Social Media
Click Here to Like, Share & Subscribe



LinkedIn



Instagram



YouTube



Facebook