

HARMONY

The Official Newsletter of ATMA Foundation



EXPLORING RELATIONSHIPS
through Bharatanatyam...

**UMA GOVIND
&
VIDHUN KUMAR**



Onam@ATMA

On 7th September, “Uthradam” day, we celebrated Onam at the ATMA office and “Onakkodi” was distributed by C K Suresh, Director, ATMA Foundation for gurukulam children, staff and volunteers.



A special Onam Celebration & family get-together were held at ATMA Gurukulam premises on 11th September 2022. ATMA well-wishers, volunteers and neighbours of ATMA Gurukulam participated with family.

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FOUNDER'S MESSAGE

Dear all,

Salutations!!

Several times people have asked me what is the focus area of ATMA Foundation. Is it education or health or environment and so on.. NGOs are supposed to be so..



What I had thought was, let us get empowered, become happier, start enjoying relationships and start celebrating our own lives; and when we start counting our own blessings and become compassionate to our fellow beings, we might want to express our gratitude through social contribution! It all started like that. And projects and programmes followed. This was not restricted to some specific area. But everything connected to Life; making life a life-long celebration - for the volunteers as well as our beneficiaries! I believe we are doing that.. Do join this celebration of Empowerment and Compassion.. of creative social Contribution!

Last month we had this beautiful performance, 'Anthara', at ATMA Kalaskhetram. Of course, Kalakshetram was not in our initial plans. But now I know anything can contribute for the betterment of our lives! Special thanks to Uma Govind and Vidhun Kumar for the beautiful depiction of Relationships through dance ! Looking forward to more such good programmes in future..

Love,

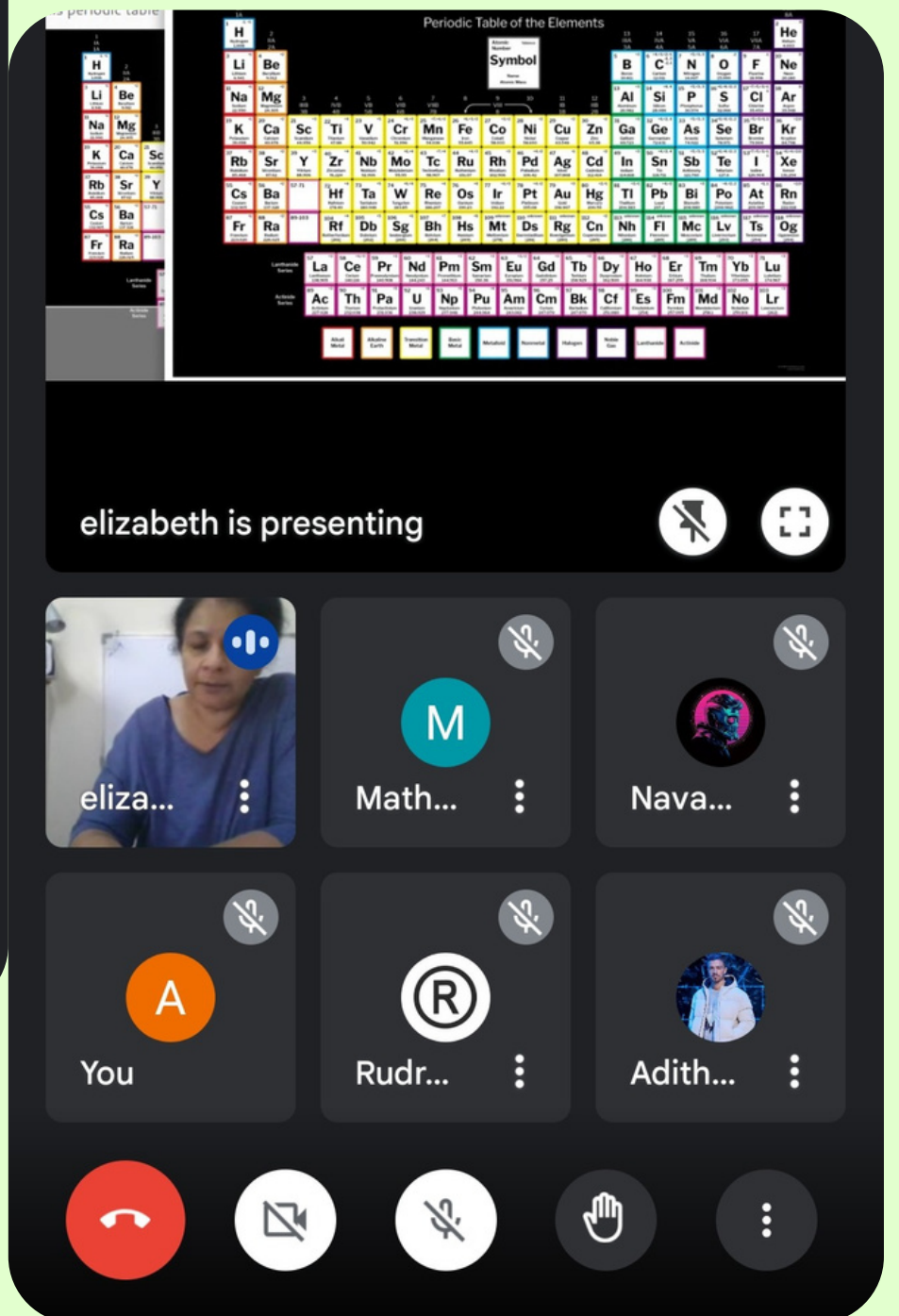
C K Suresh



ATMA UYARE

On 9th September, ATMA Uyare coordinator Ms Reshmi Praveen visited Swami Agamananda Balasadanam , Palazhi and interacted with children and the institutional authorities.

On 21st September, Ms Reshmi gave an orientation on Uyare to around 250 executive members of different CCIs under Balavikasakendra Samanwaya Samithi at Kaloor, Ernakulam.



A total of 42 sessions were conducted in September for children of classes 9 to 12.

ATMA UYARE

On 30th September 2022, an orientation programme was conducted for 5th, 6th and 7th std students of Sree Ramachandra Aided UP School, Edakkalathur. The sessions were handled by Ms Reshmi (The importance of Education and 'Uyare' orientation), Ms Sangeetha (Relationships & Values) and Ms Reshma (The influence of social media on students). Around 160 students participated.



ATMA UYARE

A capacity building session for teachers by Sri. C.K.Suresh, Director, ATMA Foundation was conducted on 27th september, Tuesday



ATMA GURUKULAM

ATMA Gurukulam welcomed 4 more children this month making the current strength 17.

Ms Reshma V was part of the Kho Kho team from Sree Sarada Girls' Higher Secondary School, which secured the Gold Medal in the junior level sub district sports competition. Ms Lakshmi, Ms Aditya Krishna and Ms Midhuna were part of the Kabaddi team which secured the bronze medal.

Proud of you girls!!!

ATMA KALAKSHETRAM

Anthara, a Bharathanatyam duet performance by Smt. Uma Govind and Sri. Vidhun Kumar was held on 18th September 2022, Sunday 5.30pm at Swami Vivekananda Sarva Dharma Maithri Prathishtan - Bharatiya Vidyabhavan Hall, Vadakkechira, Thrissur



Beginning with 'Aradhana' evoking the relationship between the human and the divine, they explored the joys and trials of friendship through the keynote varnam on 'Sakhitva'. They went on to portray the lovers' tiff between Radha and Krishna through 'Premi', and the strength of a mother's love through 'Swajanyam'. They concluded with 'Yog', a tribute to the relationship between the Guru and Shishya that enables the latter to attain oneness with the true self.



ATMA KALAKSHETRAM

The performance reached the heart of the audience through the powerful conceptualisation, the beautiful choreography and the graceful delivery. The chemistry and the synchronisation between the artistes brought the theme to life, as they lent a personal touch to each rendering. It was a wonderful opportunity for the audience to witness a live performance, after the long gap due to covid 19 pandemic.

Sri C K Suresh, Director, ATMA Foundation, honored the artistes, and Ms Sangeetha N delivered the vote of thanks.



ATMA RAILWAY CHILD HELP DESK

32 children were rescued this month, who were victims of child sexual abuse, unsafe migration, trafficking etc.

An awareness class was held for students from Oxford English medium school, Venkidangu. Students were also given training on how to get in and out of trains.



EMPOWERMENT INITIATIVES

Our Director, C K Suresh conducted various empowerment sessions.



EMPOWERMENT INITIATIVES

14th September @ Guruvayoor	Family Harmony
16th September @ Nehru Engineering college, Thiruvilamala	Youth empowerment
16th September @ Nehru Engineering college, Thiruvilamala	Adolescent Empowerment.
30th September @Sree Ramachandra UP School	Parenting
30th September@Rotary club Thrissur	E for Emotions.



Support Us!
Donate.
Volunteer.
Spread the Word.





Happier Living with Healthier Relationships



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