



HARMONY



Happier Living with Healthier Relationships

The official Newsletter of ATMA Foundation

Dear Friend, *Greetings!*

We are happy to present before you, the first edition of *Harmony*, the monthly newsletter of ATMA Foundation.

Last year was challenging for all of us. Even amidst the pandemic, ATMA has remained fully active. We gave support to the covid-affected, while continuing our regular projects.

Our online webinars spread positive messages of hope, optimism & well-being. We started a new project, 'Uyare'.



Our sincere gratitude to the volunteers & well-wishers who have stood with us to serve the community. Thank You! Looking forward to continuing this joyous journey with you..

Love,

C K Suresh & Team ATMA

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UYARE

Our new project 'Uyare' provides online learning support to hundreds of children in different Child Care Homes in Kerala.



We have revamped our website. Please do have a look !

Visit - www.atmafoundation.org

Also share & support .



ATMA Foundation is now a YouTube partner !

www.youtube.com/c/ATMAFoundationThrissur

Visit our YouTube Channel to watch thought-provoking talks by eminent dignitaries and performances by expert artistes. do subscribe and share ! 😊



Follow us on :  <https://www.facebook.com/ATMAFoundationNGO>

GIVEINDIA

We have started a massive outreach campaign to mobilise resources to sustain and expand our various projects, to help more people in need.

We are participating in the Give India Fund Raising Challenge. When YOU contribute, ATMA gets amazing matching grants!



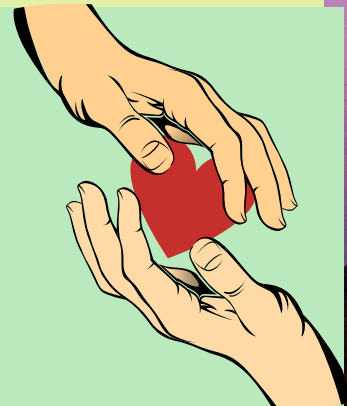
PLEASE JOIN THIS MEGA - CHALLENGE !!

contribute & support, click the link

<https://fundraisers.giveindia.org/nonprofits/atma-foundation>

Share! Inspire others also to donate!

**A little spark of your kindness
can make a burst of Happiness
in someone's life..!**



Follow us on :



https://www.instagram.com/atma_foundation/

National Webinars - Jan 2021

New Challenges, New Resolutions:
LOOK AHEAD

Swami Mitrananda, Sri Prafulla Ketkar,
Dr K Radhakrishnan, Sri K G Suresh



I'M FOR INDIA

Lt Col Hemant Raj, Dr Rana S Pratap,
Ms K S Yasaswini, Smt Harsha Murlidhar



To Watch the sessions : [Click Here](#)

-Please give your feedback -

<https://forms.gle/mJTHScjikbc3j8vb9>



ATMA Foundation
Volunteering Transformation

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