



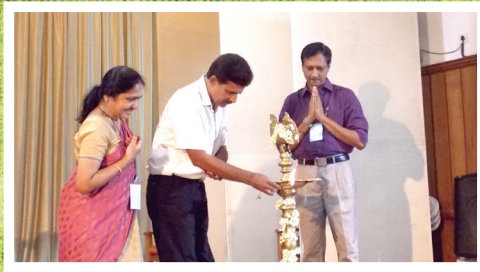
IN SERVICE OF HUMANITY
... SINCE 2006



ATMA FOUNDATION

Volunteering Transformation

तमसो मा ज्योतिर्गमय





Lighting Lamps of Service

CONTENTS

CONTENTS	002	CAMPAIGNS	029
ATMA FOUNDATION	003	1. LIVING IN HARMONY (LIH)	031
MILESTONES	004	2. SAHA DHARMAM CHARA	035
MESSAGE FROM THE FOUNDER	006	3. WE CARE FOR CHILDREN	037
PROJECTS	007	4. WE CARE FOR WOMAN EMPOWERMENT	042
1. ATMA GURUKULAM	008	5. WE CARE FOR ELDERS	057
2. ATMA CADC (CHILD & ADOLESCENT DEVELOPMENT CENTRE)	013	6. P2P: PROBLEMS TO POSSIBILITIES – LOOK FORWARD & TRANSFORM	059
3. ATMA FCC (FAMILY COUNSELLING CENTRE)	014	ATMA IN MEDIA	066
4. ATMA YOGA PEETHOM	016	REGULAR PROGRAMS	067
5. RAILWAY CHILD HELP DESK	018	1. EMPOWERMENT INITIATIVES	068
6. ATMA KALAKSHETRAM	020	2. COMMUNITY HEALTH	072
7. ATMA DAFEC (DIGITAL AND FINANCIAL EMPOWERMENT CENTRE)	027	3. TEAM BUILDING & VOLUNTEER DEVELOPMENT	077
8. ATMA RADC (RESEARCH AND DEVELOPMENT CENTRE)	027	ATMA HARMONY VILLAGE	082
		AWARDS & RECOGNITIONS	084
		ATMA TEAM	085



ATMA FOUNDATION

Volunteering Transformation

ATMA Foundation, a Voluntary Organization based at Thrissur, Kerala, is committed to empowering individuals and families to lead happier lives with healthier relationships, and to bring in positive change in the community. Over the past 13 years, we have organized over 1538 programmes, directly impacting over 2,60,000 families (8th May 2006 – 31st March 2019).

Vision

Creative Intervention for Social Transformation through Effective Empowerment and Productive Compassion

Mission

Empowering individuals, families and social groups to live happier lives with healthier relationships and serve less privileged fellow beings with Compassion, by fostering intrapersonal and interpersonal harmony.

Motto

AatmanoMokshaya, Jagat Hithaya cha

ATMA Foundation inspires people to **Achieve the Best and Share with the Rest.**

All our activities are 'EC Initiatives' – Empowerment & Compassion Initiatives, with Individual Empowerment forming the basis of all social work. We believe that an empowered individual with compassion towards his fellow beings is a true change agent.

Our Philosophy

Living in Harmony – Intrapersonal and Interpersonal Integration for Effective Living with Joyous Relationships.



ATMA FOUNDATION
Volunteering Transformation

PAGE NO.
003

MILESTONES

13 years of Transforming Lives...

- Trust Registration on 8th May.
- Free Family & Academic Counselling, Counselling Training, Empowerment Initiatives, Living in Harmony Campaign & Public Seminars.

- Inauguration of ATMA Harmony Centre – Yoga Classes, LD Remediation, Kalakshetram, Academic Support for Girls, etc.

- WE CARE- 2-day Upavasam & Jagratha Sangamam at Vadakkumnatha Kshetra Maidanam, Thrissur.
- Lead with A⁺ - Seminar on 'Life, Education & Adolescence' with participation of 603 young delegates.
- ATMA Kalakshetram started functioning on Vijayadasami day.

- ATMA Gurukulam accredited by Board of Control for Orphanages and other Charitable Homes, Kerala.
- P2P: Problems to Possibilities - Mega Campaign with a training perspective, assisting youngsters to overcome problems by focussing on the possibilities.

2006-09

2009-10

2010-11

2011-12

2012-13

2013-14

2014-15

- NGO registration with Planning Commission.
- SahaDharmam Chara: 2– Day Syllabus Development Workshop for ATMA Premarital Training Programme, conducted at Kerala Institute of Local Administration.
- LIVING IN HARMONY Public Seminars in Doha, Qatar.

- Pilot phase of ATMA Gurukulam – Care Home for Girls from Deprived Circumstances.
- 4 Living in Harmony sessions in the Middle East.
- 5- Day Residential Workshop on Learning Disability Identification & Remediation.

- ATMA Fraternity formed.
- 'Do it NOW': Residential Camp for adolescents.
- Community Health Initiative – 2 medical camps conducted.

- FCRA registration from the Ministry of Home Affairs, Govt of India.
- Kerala Sangeetha Nataka Academy Recognition for ATMA Foundation.
- Ambulance from Bank of India as part of their CSR initiative.
- WE CARE for Woman Empowerment – 8- day Mega Campaign and Seminar on Women’s Rights, Issues & Empowerment.

- Kerala Floods - Relief, Reconstruction & Rehabilitation efforts worth INR 50 Lakhs.
- ATMA Nrityotsav Dance Festival - performances and lecture demonstrations by eminent artistes.
- Individual Empowerment Workshop for children and adolescents - May 2018.
- Residential Youth Leadership Camp.

- National seminar on Economic Participation of Women – New Age Challenges & Opportunities.
- Celebrate 55+ - Seminar for seniors on Graceful Ageing.
- ATMA Gurukulam Day – opportunity for the children of ATMA Gurukulam to explore their leadership skills, and express their talents
- Railway Childline – over 198 children supported, outreach among over 14,000 stakeholders
- New projects - ATMA Digital & Financial Empowerment Centre, ATMA Research & Development Centre

2015-16

2016-17

2017-18

2018-19

- ATMA CADC (Child & Adolescent Development Centre) launched.
- ‘Health & Harmony’ - Seminar for students of health & helping professions with participation of over 200 delegates and 11 eminent speakers.
- Workshop for Teacher Empowerment.

- ATMA Harmony Village-Land search initiated.
- Child Help Desk @ Thrissur Railway Station- in collaboration with Childline.
- JJ Act Registration for ATMA Gurukulam.

- On-boarded as ‘Superstar Partner’ of international fund-raising platform Global Giving.
- Leadership Conclave with participation of over 400 young delegates.

- Teachers’ Workshop on Mentoring Adolescents.
- 5-Day Free Workshop on Classical Art Forms – in association with SPICMACAY.



Message from the Founder



Salutations!

Since my early adolescence, I have been involved in various kinds of social activities. As an active youth, meeting Swami Chinmayanandaji gave a vision and dimension to my life. Through my long years at Chinmaya Yuva Kendra, I remained fully committed to social work that included creative social interventions. By the time ATMA Foundation was started in 2006, I had become consciously aware of the Blessings I have in my life and ATMA is an expression of gratitude for all the Grace bestowed upon me.

Several good friends, who believed in creative social contribution, joined ATMA. We put empowerment of individuals and social groups at the heart of our work with families as our core area of focus. And we knew without compassion nobody could strive

to make the lives of those less privileged than us better. Thus Empowerment and Compassion became the essence of ATMA.

We, at ATMA, don't wait for the results to celebrate. For ATMA, sincere effort in the right direction itself is worth celebrating. And I believe we have been celebrating all these years. The few projects and many campaigns we have done have impacted several lives!

This souvenir tries to encapsulate the 13 years of ATMA since 2006. I personally thank dear Parvathy and the team for capturing the journey so beautifully!

The Divine Grace has always been with us. We have just let it flow through us to the community around us. We wish to do more, in a better way, for many more years to come, reaching out to and benefitting more and more people.

With folded palms I thank you for all the cooperation you have extended to us and I seek your continued patronage and blessings on ATMA forever.

When we need a better world, we understand, we have to create it. And what we think, believe, wish or feel has little value compared to what we actually contribute!

Contribution matters. Everything else remains secondary. We hope for your understanding and support. Together, let us contribute more.

Love,

C K Suresh

PROJECTS

01

ATMA
Gurukulam

- Children's Home for Girls who have no safe home

02

ATMA
CADC

- One stop Centre for resloution of Child & Adolescent problems
- 1564 beneficiaries

03

ATMA
FCC

- Couselling & Guidance for individuals and families
- 742 beneficiaries

04

ATMA Yoga
Peethom

- Yoga Therapy & Training
- Mass Yoga Sessions
- 840 beneficiaries

05

ATMA RAILWAY
CHILD HELP
DESK

- At Thrissur Railway Station
- As NGO Partner of Childline
- Project of Ministries of Women and Child Development and Railways, Govt. of India
- 198 children rescued

06

ATMA
KALAKSHETRAM

- Promoting Art as a Culture for Happy Living
- 768 beneficiaries

07

ATMA Digital and
Financial Empower-
ment Centre

- With focus on women, children and senior citizens
- Promoting financial inclusion and greater economic participation.

08

ATMA Research
& Development
Centre

- For designing interventions with greater impact

1. ATMA GURUKULAM

Adatt Road, Puranattukara, Thrissur

Reg No.122/ JJ Act

Reg No. 2289/ Board of Control for Orphanages & other Charitable Homes, Kerala

“Can’t believe this is an institution. The girls here look like they are really home”

This is what instantly captivates the visitor’s heart at the ATMA Gurukulam Girls’ Home and sums up the essence of the ATMA concept of institutionalized child care.

ATMA Gurukulam is a care & boarding home for girls who are homeless, who have no parents, or who have no means for education.

Here, we envision the transformation of these children into responsible and

responsive leaders in their chosen fields – by inspiring them to dream big, nurturing their unique talents, empowering them to succeed in life, and instilling in them the compassion to serve their fellow beings.

The pilot phase of the project was started in 2011. It is now functioning in a leased building at Puranattukara. Till 31st March 2019, 39 girls have come under the care of ATMA Gurukulam.



District Collector M S Jaya IAS at ATMA Gurukulam



At ATMAGurukulam, apart from regular schooling, the children are given:

- Extra academic support by qualified teachers
- Individual mentoring by trained ATMA Volunteers
- Career mentoring by professionals
- Regular training in classical arts by expert artistes
- Art & Craft Sessions
- Sports & Martial arts training
- Yoga & Pranayama- training & practice
- Regular Health check- ups and necessary treatments
- Opportunities to participate in workshops, camps and outings
- Individual Empowerment & Grooming to develop leadership skills, value clarification and an effective sense of self
- Value Education Sessions

Children of ATMA Gurukulam have distinguished themselves over the years, with achievements in academics, sports and co- curricular activities at the school, district and state levels.

The natural blooming of their personality in the homely atmosphere of love and care is a joy to watch – and provides an immense sense of purpose to the volunteers of ATMA Foundation.

Project Expansion

ATMA Foundation is now committed to **developing a facility for 150 children** - Efforts are on to acquire land and create the building and infrastructure for separate Girls'and Boys' Homes.



PROJECTS



Achievements:

- Chinchina A R scored A⁺ in all subjects in her 10th std exams in March 2018 – a rare achievement for a child hailing from an underprivileged background.
- Chinchina A R won first prize in work experience competition (natural fibre) at the district level and got A grade at the state level in 2018.
- Chinchina A R, Saranya S and Remya R got third place in the district level kho-kho championships in 2018
- Athira A R and Nandanajayan were part of the Kho-kho team which secured first place in sub-district level and third place in district level in 2017.
- Sreelakshmi P R & Chinchina A R got third place in District level work-experience competition in 2017
- Swarna Devi Thampy was the school level individual champion in sports for 4 consecutive years from 2012 – 2015
- Sreelakshmi P R and Indraja K J were school toppers in humanities in 2017.
- Sreelakshmi P R, Archana R G, Chinchina A R, Athira A R, Chaitanya K and Aleesha Anilkumar have got best student awards in various categories at the school level.

ATMA GURUKULAM DAY - 2018

7th October 2018 at ATMA Gurukulam,
Puranattukara

Organised by the children of ATMA Gurukulam, as part of their Leadership Development Programme

An opportunity to express their talents and share their achievements, dreams and aspirations.

Over 200 invited guests – including friends, teachers, relatives and neighbours



ATMA FOUNDATION
Volunteering Transformation

PAGE NO.
011

PROJECTS



ATMA Gurukulam Day



2. ATMA CADC (CHILD & ADOLESCENT DEVELOPMENT CENTRE)

ATMA Foundation has been providing counselling support and LD remediation to children and adolescents in need.

This has now been developed into a full-fledged **Child & Adolescent Development Centre (ATMA CADC)**- a one-stop center for holistic resolution of child and adolescent issues. Facilities provided at the ATMA CADC include Counselling, Assessment, Career Guidance, Yoga Therapy, etc. ATMA CADC also provides referrals & guidance for other services which the child or family may require.

Helping Children with Learning Disabilities to improve Learning Skills

The ATMA CADC has a wing for LD Remediation, under the expert guidance of Smt Sreedevi Haridas, a Remedial Educator with over 15 years' experience.

The CADC facilitates the integrated support of a team of expert professionals like

- Psychiatrist
- Psychologist
- Counsellor
- Yoga trainer
- Paediatrician
- Ayurveda Physician
- Performance coach
- Career guide
- LD Remediator
- Academic Consultant. etc

Assistance is being provided to children and adolescents with issues related to-

- Scholastic Backwardness
- Emotional Health
- Behaviour Problems
- Career Guidance ...etc

Since 2009, more than 1564 children & adolescents have benefitted from the Counselling & remedial support at ATMA and the CADC.

Seminars & Workshops

- 4- day residential workshop on "Learning Disabilities – Identification & Remediation" for Teachers & Helping Professionals, 12th – 15th May 2011, at Chinmaya International Foundation, Piravam. Faculty: Mr Surendranath P Nishanimut, Samveda Training & Research Centre, Davangere.
- A teacher-training workshop on 'Mentoring Adolescents' was organized by the CADC, as part of the ATMA P2P Campaign.
- A discussion on "Rationalizing Curriculum in Schools" was organised on 30th March 2018 @ Kerala Sahitya Academy Hall, Thrissur. The discussion, led by Sri M Venugopal, Educationist & Former Principal, District Institute of Education & Training (DIET) had 25 participants including principals, teachers, parents & students



Future Plans

- Conduct outreach programmes and awareness campaigns for teachers, parents and students.

Our Professional Guidance Team for FCC & CADC

- Dr Sailaja Ramkumar, Neuropsychiatrist
- Dr Deepa Deepak, Psychiatrist
- SmtDevikrishna, Clinical Psychologist
- SmtSreedeviHaridas, LD Remediator
- Sri C K Suresh, Counsellor
- Ms Sangeetha N, Social Worker



3. ATMA FCC (FAMILY COUNSELLING CENTRE)

ATMA Founder- Director C K Suresh has been providing **free counselling support** to families in need for the last 15 years. **Basic Training in Adolescence Guidance** is also being given to teachers, parents and interested others. It is now being developed into a full-fledged Family Counselling Centre with the involvement of more professionals from related fields

Over 742 families have benefitted since 2009, when the data has been officially recorded.

Outreach

Group Counselling & personal counselling sessions for flood victims were conducted in 8 places, benefitting over 1200 people, as part of the flood relief & rehabilitation project in 2018.

Harmony Counselling

Harmony Counselling is a fresh approach to counselling, conceptualized by C K Suresh, an expert counsellor with over 30 years' experience.

In Harmony Counselling, every client is considered as a unique individual, not as a typical 'case.' The counsellor directs the client's attention to various aspects in the latter's life – health, job, interests, etc. The focus is on assisting the individual to harmonize his relationships with himself and the world, and thereby to celebrate life. Once this happens, the individual explores the resourcefulness within himself to solve his problems and find happiness.



Empowerment and Compassion Labs in progress



4. ATMA YOGA PEETHOM

*“sthiramsukhaasanam yoga,
chithavrithinidheya yoga”.*

-Patanjali (Yogasutra)

To live a healthy life – this is the ultimate aim of every science. After all, it is not just a long life that we need- it is a lifetime of wellbeing that we strive for.

At the ATMA Yoga Peethom, Yoga training is provided for stress relief and energy management. Yoga therapy is given to counter the effects of Life Style diseases like Diabetes, BP, Stress, etc. Mass yoga sessions are also organised to promote Yoga as a means of Healthy Living.

Since it started functioning in 2011, it has imparted basic yoga training to more than 840 people.

Future Plans

To develop the ATMA Yoga Peethom into a full- fledged Yoga Therapy & Research Centre, with the following facilities:

- Yoga training
- Trainers’ training
- Yoga therapy
- Yoga campaigns



Each aspect of the ATMA Harmony Centre has now been developed into a fully functional wing of ATMA Foundation, reaching out to more people in need, assisting more families to explore greater possibilities of Love, Happiness, Harmony & Achievement...

From our Archives...

ATMA HARMONY CENTRE

The secret to harmonious living is the effective integration of physical, mental, intellectual and spiritual personalities. The ATMA Harmony Centre was envisioned to assist individuals to attain harmony in day-to-day life.

The ATMA Harmony Centre was formally inaugurated on 1st January 2011.

With a vision to inspire individuals, to let themselves ‘unfold’, ATMA Harmony Centre formulated a series of programmes.

- Yoga Therapy & Practice: To attain a peaceful mind in a healthy body, the yoga programme was started under the guidance of an expert yoga trainer.
- Mini Library: A collection of value-rich books for positive transformation
- Academic Support Centre: Regular academic guidance to girl students to help them achieve their best.
- LD Remediation Centre: Regular support to assist children with learning disabilities.
- Music & Instrumental Music Classes– to promote art as a means to harmony.



5. ATMA RAILWAY CHILD HELP DESK

1st May 2018 – 31st March 2019

- 198 children rescued
- 6 Programs, awareness drives and campaigns reaching out to more than 14,000 people

The Railway Child Help Desk is a joint initiative of Ministry of Women and Child Development and Ministry of Railways to ensure the care and protection, security and well-being of run-away, unaccompanied and trafficked children who come in contact with the railways.

ATMA Foundation is the collaborative partner of Childline India Foundation for the implementation of Railway CHILDLINE service



in Thrissur District. Since formal functioning started at Platform No. 1 of Thrissur Railway Station from 1st May 2018, till 31st March 2019, the RCHD Thrissur has supported 198 children.

KIOSK INAUGURATION

The new kiosk of Railway Child Help Desk at Thrissur Railway station was formally inaugurated by Sri. Basha K M, Station Director, on 28th January 2019, Monday at 10.30 am. In a function presided over by Sri C K Suresh, Director, RCHD Thrissur, DrSrBeena Jose, Director, Nodal office, CHILDLINE cut the ribbon to the kiosk. Sri.Gireesh Kumar, Sub Inspector, RPF, Sri. KBabu, Sub Inspector, GRP, Sri. K Gopinathan, Deputy Station Manager, Fr Johnson Chalisserry, Director, Collab office, CHILDLINE, Smt. Vidya Sanjay, President, Innerwheel Club of Trichur, and Sri T M Reghunandan, Secretary, ATMA Foundation offered felicitations.





CAMPAIGNS & OUTREACH:

- International Child Help Line Day - 17th May 2018

Oath taking, Childline related Poster Distribution and outreach

- Special Awareness Drive- 28-5-2018

Awareness campaign among the public at the Railway Station about the activities of Childline and Railway Child Help Desk – using the traditional Kerala art form of ‘Pulikkali’.

- Anti-Child Labour Day- 12th June 2018

Poster exhibition and signature campaign against child labour.

- CHILDLINE Se Dosti Week - Nov 14th – 20th 2018

Spot quiz for child passengers, Outreach at Guruvayur Railway Station, Children’s Group Formation at Railway Colony, Train Outreach In association with RPF, Pink campaign against child abuse.

- Children’s group- programs for the children of railway colony.



6. ATMA KALAKSHETRAM

ATMA Kalakshetram, which formally commenced on the Vijayadasami Day of 2012, promotes learning and appreciation of classical art forms for happy living.



Focus areas of ATMA Kalakshetram include:

Learning

- ◆ Regular classes by expert artistes
- ◆ Assessment & Feedback sessions for students

Performance

- ◆ Performances by teachers and senior students
- ◆ Performances by students during ATMA events

Appreciation

- ◆ Performances and lecture demos by eminent artistes

The activities of ATMA Kalakshetram have earned Kerala Sangeetha NatakaAkademi recognition for ATMA Foundation (155/PFLK/2016)



Art as Culture

The ATMA KALAKSHETRAM is an endeavor to promote Art as a Culture, for happy living. It targets personal transformation.

The students here are anywhere between five years to eighty years- age is never a deterrent to learning if you have the drive in you!

Art for Harmony

Art helps to get in touch with the inner self – at ATMA Kalakshetram, Art is used as a medium to develop intrapersonal and interpersonal harmony.



Arts for Harmony - senior lady students of ATMA Kalakshetram



PROJECTS

Art as Therapy

For many, this engagement with art has proven to be therapeutic, aiding them to come out of situations like stress and depression.

Art for the youth

At ATMA Kalakshetram, classical art is used as a means to mould a generation with a love of culture and a strong value-base.

- Regular Classes in Carnatic Vocal, Violin, Bharatanatyam & Mohiniyattam
- 25 performances by teachers and students at different venues
- Workshop by Pallavi Krishnan, Mohiniyattam Exponent
- Workshop by Uma Govind, Bharatanatyam Artiste



ATMA NRITYOTSAV (Under the CFPG Scheme of Ministry of Culture, Govt of India)

CAMPUS PERFORMANCES BY UPCOMING ARTISTES

- Reaching out to over 1400 youngsters in 3 campuses ...
- Directly inspiring them to learn and appreciate classical art forms ...



Ministry of Culture
Government of India



23rd November (Friday) 2019,
10.30 am - 11.30 am

Bharatanatyam
KALAKSHETRA RAGHI SATHEESH
@Vimala College Auditorium, Thrissur



30th November (Friday) 2018,
1.30 pm - 3.00 pm

Bharatanatyam
SANDRA S NAIR
@ St Mary's College Auditorium, Thrissur



17th December (Monday) 2018,
2 pm - 3.30 pm

Mohiniyattam
KALAMANDALAM AKSHAYA AYYAPPAN
@ Vaidyaratnam Ayurveda College, Ollur



ATMA FOUNDATION
Volunteering Transformation

PAGE NO.
023

PROJECTS

LIVE PERFORMANCES BY SENIOR ARTISTES

3- DAY DANCE FESTIVAL

@ Saraswathy Vidya Nikethan, Chengamanad

- An offering to the flood-hit people of Chengamanad, to help them ease back into normal life once again.
- More than 800 people attended the 3-day fete.



27th December 2018,
6 pm - 8 pm

BHARATANATYAM

Dr. Rajashree Warriar

28th December 2018,
9.00 am - 10.30 am

MEET THE ARTISTE

Interactive session
with
Dr Rajashree Warriar

28th December 2018,
6 pm - 8 pm

KATHAKALI
LAVANASURAVADHAM

Sadanam
Sadhanandan,

R.L.V. Pramod,

Kalamandalam

Adithyan,

Kalamandalam

Arun Raju.

28th December 2018,
3 pm - 5 pm

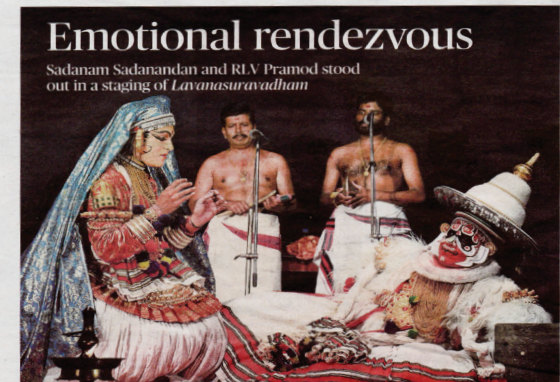
LECTURE – DEMONSTRATION
KATHAKALI

Led by Sri K Sasi and
Sri P M Narayanan

29th December 2018
6 pm - 8 pm

BHARATANATYAM

Smt. Uma Govind



Emotional rendezvous
Sadanam Sadanandan and RLV Pramod stood out in a staging of *Lavanasuravadham*

V KALADHARAN
Lavanasuravadham, a Kathakali play by 19th century playwright Pakkadi Amrita Sastrikal, is noted for its vibrant characters and contextual intensity. The play has been in vogue on the Kathakali stage thanks to sterling performances of titans like the late Kalamandalam Ramankutty Nair as Hanuman and Kottakkal Sivaraman as Sita. The play was recently staged at Chengamanad by a group of talented young artistes.

In the first scene in which Sita shows boundless affection to her sons, Lava and Kusha, Sadanam Sadanandan's gestures and expressions as Sita were spontaneous and soulful. The animated movements and playfulness with which Kalamandalam Adithyan and Kalamandalam Arun Raju enacted the roles of Kusha and Lava respectively impressed the audience.

As Hanuman who comes to the forest in search of the 'yogaswam' or sacrificial horse, RLV Pramod comfortably conveyed the sanchi bhavas – curiosity, excitement, affection and awe.

Core of the play
Pramod portrayed Hanuman's recollection of carrying Rama and Lakshmana on his shoulders and his feeling of deja vu as he sees Lava and Kusha without realising that they are Kama's children.

The unanticipated encounter between a captive Hanuman and the distressed Sita is the nucleus of the play. Internalising the emotions of both the characters is a huge challenge even for seasoned artistes in Kathakali. Pramod and Sadanandan did their best to close in on the sentiments of Hanuman and Sita. As Hanuman and Sita enter a serious conversation, Lava and Kusha react to their discussion.

This is unwarranted in Kaluvazhichitta (school of acting chiselled in central Kerala), which lays stress on silence by the subordinate characters who are not directly involved in an emotionally-loaded dialogue between two principal characters.

In the charanam of the well-known padam by Hanuman, 'Subhamo Devi', there is reference to the valour of her sons ('Pathradude pakkaramam'). Hanuman mockingly reminds the kids how merciless they were when shooting arrows at him.

Lava and Kusha remorsefully caress the hands and the body of Hanuman. This scene left much to be desired as the young actors are still to delve into the multiple tones of characterisation. Kalanilayam Rajeer and Sadanam Jyothish Babu sang the slokas and the padams with felicity. Kalanilayam Kathiresulu on the cheenda and Nija Arapparam on the maddalam kept up the tempo of the melam sans any

SAPARYA 2017 (5 Day Workshop on Classical Arts)

- **Organized** in association with SPICMACAY and Bhavan's Thrissur
- **From** Sept 6 – 10, 2017
- **At** Sarva Dharma Mythri Prathishtan, Thrissur
- Distinguished **artistes** who led the workshops

Odissi	Janhabi Behera
Mohiniyattam	Anupama Suresh
Kuchipudi	Payal Ramchandani
Kathak	Deepthi Gupta
Madhubani Painting	Ambika Devi
Mural Painting	K R Babu
Cheriyal Painting	Mergoju Madhu
Carnatic Vocal	V R Dileep Kumar

- **Event Success:** More than 200 participants of all age groups



PROJECTS

KALASANDHYA

- Organized in association with SPICMACAY as part of M S Subbulakshmi Centenary Celebrations
- **From** Sept 12th- 15th at Paramekkavu Agrasala, Thrissur
- **Performances & Artists:**

Tholppavakkoothu – Ramachandra Pulavar & Party

Odissi- Janhabi Behera

Bharatanatyam – Deepthi Parol

Kuchipudi- Payal Ramchandani



Future Plans

The ATMA Kalakshetram will be expanded as part of the ATMA Harmony Village, with residential facilities, performance theatre, etc, offering short-term, long-term and intensive learning opportunities for all age groups.

7. ATMA DIGITAL & FINANCIAL EMPOWERMENT CENTRE

In the background of the nation's vision for transforming into a digital economy, ATMA has taken up a new project in 2019 – the ATMA Digital & Financial Empowerment Centre. The centre will offer short-term basic training programmes designed with special focus on women, children and senior citizens, to accelerate financial inclusion and enable greater economic participation.

The ATMA D & F Empowerment Centre has received CSR support from Lenovo in the form of product donations. The centre hopes to develop effective partnerships with Government agencies and financial institutions for better rural outreach.



8. ATMA RESEARCH & DEVELOPMENT CENTRE

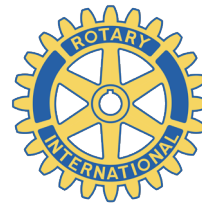
Considering the importance of research in the development and assessment of impactful interventions, the ATMA Research and Development Centre started functioning in September 2018.

Studies are being conducted in the areas of Woman Empowerment, Senior Citizens welfare and on the impact of floods in Kerala.

ATMA Training Hall Inauguration



Our sincere gratitude to all the agencies and organisations who have supported us!



Indiana Malayali Association

Vijay Studio Thrissur

Our Bankers



CAMPAIGNS

01

Living in Harmony

- Educating Public on Happy Living with Healthy Relationships
- 354 programs, 53,000 beneficiaries

02

Saha Dharmam Chara

- Pre & Postmarital Training Programme
- Syllabus development workshop at KILA

03

P2P- Problems to Possibilities

- Campus-based campaign to empower youth
- 26 programmes, 3500 beneficiaries

04

We Care for Children

- Awareness Campaign on issues faced by children
- Reached out to 3200 families, 8000 free booklets distributed

05

We Care for Woman Empowerment

- Awareness Campaigns & Seminars on Rights, Issues & Empowerment of Women
- Over 30,000 people reached through direct & media campaigns

06

We Care for Elders

- Sensitisation campaigns on problems of elders
- Workshops on Graceful Ageing
- 12 programmes, 1440 beneficiaries

ATMA FOUNDATION - A CHAMPION OF CAMPAIGNS...

Society evolves when individuals evolve. Sometimes, the individuals need a collective push to move them towards growth and positive change. ATMA organizes mass campaigns to focus the social consciousness on psycho-social issues that urgently need resolution.

ATMA campaigns do not stop at creating awareness about social concerns – they explore positive responses and solutions to these concerns. They are not just about creating a stir in the social psyche – they are about inspiring real change in the individual.

ATMA Foundation has always been a champion of campaigns. Right from inception in 2006, ATMA has taken up campaigns to remedy psycho-social issues in the community.

Perceiving the erosion of love, relationships and values in the family, ATMA runs the **Living in Harmony Campaign** to educate the public on intrapersonal and interpersonal integration, to develop harmonious relationships in the family, workplace and community.

Saha Dharmam Chara is a campaign envisioned to promote marital harmony – a programme to empower individuals to make their marital and family life happy, with strong emphasis on healthy and sustainable relationships.

We Care is a campaign to generate awareness on the rights, issues and empowerment of women, children and elders, and to find workable solutions.

Problems to Possibilities – Look Forward & Transform is an ongoing campaign to address the challenges faced by adolescents from a training perspective – empowering them with the vision and abilities to harness their possibilities to overcome the new generation challenges and problems.



1. LIVING IN HARMONY (LIH)

ATMA Living in Harmony Campaign aims to educate the public on empowering oneself, understanding the needs of others and fostering harmonious relationships in the family & workplace. This in turn reduces personal stress and family conflicts – and is an effective deterrent for psycho-social negativities like depression, suicides, substance abuse, etc.



LIVING IN HARMONY PUBLIC SEMINARS

Article by A P Balakrishnan

It is a common practice in charity or social service sector to concentrate on the physical health and well-being of persons in the surroundings where the NGO/VO is functioning. No doubt these efforts help many people in need, but it is also important for organizations to focus on healthy mind and relationships of an individual to empower him/her in life.

Sri C.K. Suresh, with his decades of experience in counselling and training, developed this unique concept of 'Living in Harmony' to empower individuals to develop healthy minds, resulting in a happier and healthier person. The individual then subsequently empowers his/her family and happy families are the secret to healthy and integrated societies!

This silent revolution of transforming society is done by ATMA in Thrissur and is already spreading fast.

These classes of one and half hours per day for five days are carried out with an aim to make sure each and every individual is empowered to live a life without remorse

and complaints. 'Come let us live a life of peace and friendship' - with this invitation each and every LIH session starts. Classes are conducted as a service and sometimes a participant requests personal/family counselling sessions, which are provided free of cost at ATMA.

*'Life is a life- long celebration' is the **main theme** of these sessions. But for many, when asked to celebrate, it makes them confused. Even with many reasons to rejoice, we often find people unable to live in the fullness of those moments. LIH trains people to celebrate life.*

LIH is not addressing any particular group of individuals and it is firmly based on the belief that when we remove our masks and pretenses and approach the world as a simple human being it becomes a more enjoyable place. For this we have to change our belief systems. For example, crying is considered taboo for males even if the circumstance demands it. This buried emotion may burst out as anger in other situations.

Some of the **concepts emphasized** in these LIH sessions are:

'I am the creator, sustainer and destroyer of my world'

'Be brave to take charge of your life and live your own life'

'Most important person in your life should be YOU'

'Learn to live HERE and NOW'

'Not reaction but response'

'No one can hurt me without my permission'

'Don't hand over the remote control of your mind to others'

'Instead of reacting to what the other person did, one can look into oneself to see what happened inside when the other person was doing it.'

Quoting Swami Chinmayanada, "Success or happiness in my life is not a coincidence but it is the result of doing my part in this world perfectly". This is what Living in Harmony helps one to do.

ATMA Foundation conducts programmes to spread the concepts & practice of Living in Harmony.

LIH Public Seminars: Each seminar consists of evening talks by C K Suresh of 90 min duration for 3- 5 days. Special programmes like 1- hour Harmony Meditation training in the morning, Family Harmony Workshops, and exclusive sessions for youth and children are also conducted as part of the programme. 32 seminars have been conducted so far at different venues in Thrissur, Ernakulam, Palakkad, Doha, Abu Dhabi & Dubai.

LIH - based Sessions: Short talks or ½ day workshops for families, organisations or groups.

Harmony Meditation

4 sessions of 60 min duration each- simple relaxation practices to increase awareness and get in touch with oneself, flexible & individual – oriented methods suitable for all age groups.



Inauguration of LIH seminar by HH Swami Purnamritananda Puri of Mata Amritanandamayi Math



Harmony Meditation

Programme	No. of Sessions	No. of Beneficiaries
LIH Public seminars (5 day)	32	6090
Family Harmony Workshops	100	19285
Topic Talks – LIH	74	14746
Spiritual Harmony Seminars	26	5455
Old Age Harmony	4	307
Organizational Harmony	100	6237
Harmony Meditation (4 days)	18	972
Total	354	53092



Distinguished Guests at LIH Public Seminars:

Inauguration of LIH Seminar by Sri C N Balakrishnan, Hon. Minister for Cooperation, Khadi & Village Industries



Living in Harmony workshop inauguration by Swami Viviktananda & Rev Fr Francis Alappat



Sri Dinendra Kashyap, Kochi City Police Commissioner



Sri T S Anantharaman, Chairman, Catholic Syrian Bank



Sri Ananthakrishna Navuda, Family Court Judge

- Sri K V Dasan, District Panchayath President
- Sri P P Balan, Director, KILA
- Dr. C V Krishnan, Scientist, & Smt. Nalini Krishnan
- Smt Beena Murali (Dy Mayor), Sri K Radhakrishnan (ex- Mayor) Sri V Ravunni, Sri C P Pauly, Smt J Lalithambika (Councillors)
- Sri. M Sujith Kumar, Ward member, Cherpu
- Dr K Shylaja Ramkumar, Neuropsychiatrist
- Smt K B Sreedevi, Writer
- Sri M P Surendran, News Editor, Mathrubhumi
- Sri Unni Warriar, Bureau Chief, Malayala Manorama
- Sri N Rajan, Chief Reporter, Desabhimani
- Sri N Sukumaran, Spl Commissioner, Cochin Devaswom Board
- Padmasri Dr. Sundar Menon, Entrepreneur
- Sri Babu Narayanan, Film Director
- Sri Rajesh Poduval, Secretary, Paramekkavu Devaswom
- Prof M. Madhavankutty, Secretary, Thiruvambady Devaswom
- Dr. Asha Gopalakrishnan, Bhagini Pramukh, Balagokulam

2. SAHA DHARMAM CHARA

Saha Dharmam Chara is a programme for pre- and post-marital guidance and training. It is planned as a series of residential and nonresidential workshops – for youngsters who are about to get married, and for recently married couples – to empower them to create harmony within the marital relationship. The workshops would include sessions by experts on topics like Physical, Emotional, Financial & Social aspects of Marital Harmony, Values and Conflict Resolution in Marriage.

A two-day syllabus development workshop was conducted on 29th & 30th August 2009 at Kerala Institute of Local Administration, Thrissur.



The Workshop, attended by over 141 esteemed delegates, 15 expert faculty from different walks of life and about 20 guests, involved paper presentations, interactions and discussions based on 6 broad areas of family life – Physical Aspects, Emotional Aspects, Values & Traditions, Financial Aspects, Networking & Relationships and Conflict Resolution.

The greatest threat that our society faces today is not war or conflict – but the breakdown of the Family - the most fundamental element of Society. God has still retained in the Human Mind, the potential to find a solution to this problem – that is why we are assembled here”

- Sri P C Chacko MP, inaugurating
'Saha Dharmam Chara'

Distinguished Guests:

- Sri. P C Chacko, MP
- Sri. P K Biju, MP
- Sri. Therambil Ramakrishnan MLA
- Swami Viviktananada, Regional Head, CSTK
- Swami Gabheeranandaji, Acharya, Chinmaya Mission Thrissur
- Dr. M Mohandas, Former Dean of Kerala Agricultural University
- Smt. P Nalini, Principal Counsellor, Family Court
- Swami Adhyatmanandaji, Director, All India Chinmaya Yuva Kendra (South Zone)
- Dr. Sukumaran, HOD Rural Marketing Management, KAU
- Dr. Samagatha Mytri, eminent Psychologist
- Smt. Fathima Beevi, Family Court Judge
- Dr. Sobhana Mohandas, Consultant Gynaecologist
- Sri. P Kunhunni, Counsellor & TA Expert
- Dr. Rajeswari Kunjamma, Counsellor

Over 100 sessions on Family & Marital Harmony have been organised since 2009, bringing positive change in over 12,000 families.



ATMA FOUNDATION
Volunteering Transformation

PAGE NO.
035

Saha Dharmam Chara



Sri P K Biju MP, Swami Viviktananda, Sri Therambil Ramakrishnan MLA & Sri C K Suresh at the Valedictory Session



Smt Fathima Beevi, Family court judge, addressing the audience



Sri P C Chacko MP inaugurating the seminar

3. WE CARE FOR CHILDREN

It is a campaign to ensure a safe social atmosphere and loving family environment for children. It was launched by ATMA Foundation in January 2013, in response to an alarming spate of crimes against children, often from adults responsible for them – family members, guardians, teachers, etc.

The Concern

- Increasing physical & mental trauma faced by children in Kerala.
- Increased involvement of children in crimes & other social negativities.

The Root Cause

- Erosion of love & values as we move away from a 'Global Family' concept to a 'Global Market' concept.

The Call

More Love in Our Families, More Values in Our Education, Safer Society for our Children

Campaign Trail

- Launched on 11th January 2013, with many distinguished dignitaries and representatives of organisations discussing various aspects of the issue and how to raise public awareness.
- Presentations in 24 campuses by ATMA Volunteers to spread the message among youth.
- Two - day Upavasam and Jagratha Sangamam at Sree Vadakkumnatha Kshetra Maidanam, Thrissur on 24th & 25th January 2013, to stir the social conscience about the atrocities committed against children. Celebrities and eminent personalities from different fields supported the cause by their participation. The event raised awareness among the public through exhibition, art, street plays, panel discussions, talks, and booklet distribution.
- Over 4000 people participated in the main event.

Distinguished Guests:

- Sri. Therambil Ramakrishnan, MLA
- Adv. C K Saji Narayanan, All India President BMS
- Sri. C N Jayadevan, District Secretary CPI
- Sri. M T Ramesh, NEC Member BJP
- Swami Purushottamananda
- Swami Bhoomananda Theertha
- Swami Adhyatmananda
- Br. Jayasanker, Amritanandamayi Math
- Sri. P N Unnirajan (S P CBCID)
- Dr. Lakshmi Kumari (Director, Vivekananda Vedic Vision Foundation)
- Sri. Balachandran Chullikkad (Poet)
- Smt. Nalini Chandran, (Educationist)
- Smt. Sheeba Amir (Social Activist)
- Smt. K B Sreedevi (Writer)
- Sri. Ajith Kumar Raja, Principal of Sakthan Thampuran College, Thrissur
- Adv. Simi Jijo, Coordinator of Child Line, Thrissur



Expression through Art

- Sri. Ramesh K N, Dist Coordinator of National Service Scheme
- Sri. Vidyadharan Master (Music director)
- Ms. Rima Kallingal, Sri. Sivaji Guruvayur (Cine Artistes)
- Ms. Gayatri, Mr. Anoop Sankar, Mr. Abhiram Unni (Play back singers)
- Sri. YagaSreekumar (Painter)
- Sri. Nanda Kishore (Stage artiste)
- Sri. M K Devarajan (Cine director)
- Sri. C Rajendran, Sri. K Jaya Krishnan, Sri. Cheppad Vamanan Namboothiri, Smt. Nirmala Vamanan (A I R Artistes)
- Smt. Sudha Marar (Violinist)
- Dr. Vijaya Kumar , Mr. Suresh Warriar, Mr. Jacob Netto, Mr. Paulson, Smt. Pearly Jose (Professional Trainers)
- Adv. B Gopalakrishnan
- Sri. T C Sethumadhavan
- Sri. M. S. Sangameswaran (District President, Satya Sai Seva Organisation)



Carnatic concert by Sri Cheppad Vamanan Namboodiri & family. Accompanied by Sri C Rajendran (Violin) & Sri K Jayakrishnan (Mridangam)



Concert by Sri Abhiram Unni, with Smt Sudha Marar (Violin) and Sri Mahadevan (Mridangam)



Ms Gayatri, Playback Singer



Sangeetharchana by students of Sri Sri Ravisankar Vidya Mandir



Yaga Sreekumar, artist



Sri Anoop Sankar, Playback singer

WE CARE for Children



Audience



Booklet on Child Rights



Interactive Session



Br Jayasankarji, of Amritanandamayi Mutt



Swami Adhyatmanandaji



Dr M Lakshmikumari of Vivekananda Vedic Vision Foundation, Smt Sheeba Amir, Social Activist & Smt K B Sreedevi, Writer



WE CARE for Children



Inauguration of Upavasam by Swami Purushottamananda



Panel Discussion



Smt Nalini Chandran, Educationist & Ms Rima Kallingal, Cine Artiste



Sri Balachandran Chullikad, Renowned Poet



Sri Nandakishore, Cine Artist



Sri Therambil Ramakrishnan, MLA

WE CARE for Children



Sri P N Unnirajan, SP- CBCID



Stalls by Excise Dept



With Shivaji Guruvayur, Cine artiste & M T Ramesh, NEC Member, BJP



Street Play by Social Work Students of Vimala College



Concluding the Upavasam by accepting water from Swami Bhoomananda Theertha



4. WE CARE FOR WOMAN EMPOWERMENT

25th Sep - 2nd Oct 2016

at South Nada, Vadakkumnathan Temple Grounds, Thrissur

A wide range of programmes over 8 days

To create awareness about women's issues and generate holistic solutions
With focus on empowering the individual to empower the society

Sensitising Children & Youth

Essay Writing & Painting Competitions on the topic for school & college students on
25th Sept 2016. Over 200 Participants



Painting

Perspectives Conclave: 25th – 29th Sept, 6:00- 7:30 pm

5 day series of talks on Woman Empowerment from Various Perspectives 10 speakers, over 1000 participants...

25th Sept: Inaugural Session

Presided by C K Suresh, Director, ATMA Foundation

Welcome address by
K K Komalakumar,
Secretary, ATMA Foundation

Inauguration by
Smt Sheela Vijayakumar,
District Panchayath President

Keynote Address by
H H Swami Purushottamananda

Felicitations by
Hon Mayor Smt Ajitha Jayarajan
and
Sri Therambil Ramakrishnan,
former MLA

Vote of Thanks by Sri P K Krishnankutty,
Trustee, ATMA Foundation



C A M P A I G N S

26th Sept: Woman Empowerment from the Perspective of Modern Literature

Welcome Note by
Sri C N Jayarajan, ATMA Volunteer

Introductory Address by
C K Suresh

Presided by
**Sri Krishnadas,
MD, Green Books**

Keynote Address by
**Dr P Saraswathi,
Writer**

Vote of Thanks by
Ms Sangeetha N, ATMA Volunteer

27th Sept: Woman Empowerment from the Perspective of Scriptures

Welcome Note by
Ms Nanditha Menon, ATMA Volunteer

Introductory Address by
C K Suresh

Keynote Address by

**Acharya M.R Rajesh, Founder,
Kasyapa Veda Research Foundation**

- Woman Empowerment from the
Perspective of Vedas

**His Lordship Dr Mar Yohannan Yosef,
Episcopa, Church of the East**

- Woman Empowerment from the
Perspective of Christian Scriptures

Vote of Thanks by
Sri James C Joseph, ATMA Volunteer



28th Sept: Woman Empowerment from the Perspective of Gandhiji & Swami Vivekananda

Welcome Note by

Sri P K Krishnankutty, ATMA Trustee

Introductory Address by

C K Suresh

Keynote Address by

Dr. M. Lakshmikumari,
Director, Vivekananda Vedic Vision Foundation

- Woman Empowerment in Vivekananda Darsanam

Sri. Peethambaran Master, Sarvodaya Leader & Author

- Woman Empowerment from the Gandhian Perspective

Vote of Thanks by

Smt C K Niveditha, ATMA Volunteer

29th Sept: Woman Empowerment from the Perspective of the Epics

Welcome Note by

Smt Radhika Mohan, ATMA Volunteer

Introductory Address by

C K Suresh

Presided by

Br Jayashankar,
Mata Amritanandamayi Mutt

Keynote Address by

Smt K B Sreedevi,
Writer

Vote of Thanks by

Sri Raju M D, ATMA Volunteer



C A M P A I G N S

Main Event: Sept 30th 5 pm – Oct 2nd 8 pm

Upavaasam

9 ATMA volunteers fasted for 51 hours as a symbol of our commitment towards the cause. 12 volunteers fasted for 24 hours.

3- Day Conference on Women's Rights, Issues & Empowerment

30th Sept 2016

❖ **Community Garba Dance** - More than 500 girls and women participated in this event which was symbolic of breaking their shell and overcoming their fears and inhibitions.

❖ Inaugural Session

- His Beatitude Dr Mar Aprem, Bishop, Church of the East
- Hon. Mayor Smt Ajitha Jayarajan
- Hon. M.P Sri C.N Jayadevan
- Kum. Dhanya Ravi (Survivor of Brittle Bone Disease, Motivational Speaker)

- Division Counsellor Smt M S Sampoorna
- ❖ **Thayambaka** by Padmasree Peruvanam Kuttan Marar



Dignitaries on the dais, along with ATMA Foundation Director Sri C K Suresh, Secretary Sri K K Komalakumar, General Convenor Sri T R Vijayakumar and Volunteers Ms Rekha and Ms Parvathy





Oct 1st 2016

❖ **Seminars & Panel Discussions**

- **Role of Education in Gender Sensitisation** – Padmasree Dr. P.R Krishnakumar, Chancellor, Avinashilingam University, Dr. Rosy Thampy, Writer, Dr. V. Bindu, Educationist, Sri. C.K Suresh, Ms Parvathy G, Smt Smitha Keeran
- **Safety & Security of Women**- Smt. R. Nishanthini, IPS, District Police Chief, Thrissur (Rural)
- **Role of Media in Woman Empowerment** - Smt. R. Vidhubala, Smt. R. Mochitha & Sri. Rahul Easwar (Media Personalities), Smt. Preethi Panicker, (Film Director), Dr. Aby Paul (Educationist), Sri C K Suresh
- **Financial Literacy** - Sri. Ramachandran (Faculty, RSETI)
- **Women in Politics** - Adv. C.K Sajinarayanan (National President,

BMS), Sri. K. Venu (Communist Thinker & Political Activist) , Sri. M.T Ramesh (State Gen Sec, BJP), Sri C K Suresh, Sri K K Komalakumar, Sri P K Krishnankutty

❖ **Cultural Sessions on the theme**

- **A Musical Tribute to Womanhood**- Sri. Anoop Shankar, Playback Singer
- **Women & Art** - Performance and talk by Dr. Padmini Krishnan and Dr. Draupadi Praveen (Neelamana Sisters), renowned dancers
- **Kavi Sammelanam (Poets' Conclave)** – Renowned Poets Sri. Murukan Kattakada, Smt. Sreelatha Varma, Smt. Roshni Swapna, Sri. V. G Thampy, along with ATMA Volunteers Sri C N Jayarajan, Smt Ajitha and Smt Sangeetha N
- **Magic Show** – by Sri Davis Valarkavu, Social Activist



CAMPAIGNS



Oct 2nd 2016

❖ **Seminars & Panel Discussions**

- **Religious & Cultural Perceptions on Woman Empowerment-** Smt. Vidhubala (Social Activist), Dr. Mary Regina (Kerala Catholic Council Joint Secretary), Smt. Vasanti Gopalan (Bhakta Mahila Trust)
- **Women & Career** - Smt. Geetha T.R (DGM, SBI RASMECC), Smt. Priya Habeeb (Entrepreneur), Smt. Seena A.C (Headmistress, Govt HS RV Puram), Dr. Lizzy Cleetus (Registrar Medical Oncology, Lakeshore Hospital), Ms. Nanditha Menon (Social Worker), Sri C K Suresh
- **Security & Safeguards for Women-** Dr. K.S David (Psychologist), Adv. Villi Jijo (Asst Prof, St Thomas College, Thrissur)
- **Women and Health** - Dr. Chithrathara K (Uro-gyneac Oncology Surgeon)
- **Women in Social Work** - Smt. Nalini Chandran (Educationist), Smt. Sheeba Amir (Social Activist), Ms. Preeti Sreevalsan (Animal Rights Activist), Dr Krishna Gopinath (Music Therapy Trainer for Children with Special needs), Smt Smita Keeran Warriar (Counsellor)

- **Woman Empowerment in the Work Place** - Dr. Mini K Jose (Assoc Prof, Dept of Social Work, Vimala College, Thrissur), Smt. Vijaya Ananthakrishnan (Banker & Trainer), Smt. Vinaya (A.S.I), Sri. T.R Vijayakumar (Secretary, Chamber of Commerce, Thrissur)
- ❖ **Open Forum: Towards a Woman Friendly Thrissur**
Dr. Jaya Cherian (Head of the Dept of Social Work, Vimala College, Thrissur), Sri. Ajith Kumar Raja (Director, Sakthan Thampuran College for Women, Thrissur), Sri C K Suresh, Sri T R Vijayakumar
- ❖ **Valedictory Session**
Sri Jayaraj Warriar, Renowned Artiste & Media Personality with C K Suresh & Board Members of ATMA Foundation
- ❖ **Conclusion of the Upavasam**
Concluding Address by C K Suresh. Conclusion of the Upavasam with the upavaasis taking lime juice from Sri C N Jayarajan, senior ATMA Volunteer.

Related Programmes

- ❖ **Yoga Demonstration and Training-** morning sessions with over 100 participants, on Oct 1 & 2, to encourage people, especially women, to adopt a healthy, stress free lifestyle.
- ❖ **Info Booths, Stalls & Other Facilities**
 - Service stall by District Legal Services Authority
 - Burn Victim assistance stall by Ganga Hospital, Coimbatore
 - Free Health check-up by Aarya Medical Centre, Thrissur
 - Awareness booth by Regional Self Employment Training Institute(RSETI).
- ❖ **Free Booklet Distribution** – A booklet detailing important legal protections for women, government schemes and important contact numbers, prepared by ATMA Team, was released by Smt R Nishanthini IPS, on Oct 1st, by presenting the first copy to Smt Vidhubala. Over 1000 copies were distributed to the participants.

Direct participation of over 10, 000 people...

Over 20, 000 reached through media campaigns...



ATMA FOUNDATION
Volunteering Transformation

PAGE NO.
049

CAMPAIGNS

Prior to the Event...

- Campaigns in more than 50 schools/ colleges
- Garba Trainers' workshop by Smt Rajasree at Harisri Vidyanidhi School – with participation of over 50 dancers
- 10 Garba workshops at schools, colleges & community centres
- Press Conference at Hotel Pooram International, with participation of representatives from more than 20 prominent newspapers and TV channels
- Coverage in FM Radio and local cable TV networks
- 20- minute airtime in Janam TV, about the concept behind the programme



Media Campaigns...

With the support of the media, the 8-day event was used as an occasion to steer the attention of the community towards women's rights, issues & empowerment

- Salient points of the Perspectives conclave were reported in leading Malayalam Dailies
- The Mass Garba Dance received wide media coverage



WE CARE for Woman Empowerment



CAMPAIGNS

WE CARE for Woman Empowerment



Follow- up Programmes

BE BOLD FOR CHANGE!

Awareness Campaign on 8th March 2017, Women's Day

THE MESSAGE

Woman Empowerment is possible only when women speak out – to assert their rights, to expose the atrocities they suffer, to bring to light the injustices they face.

Woman Empowerment is not the responsibility of Women alone – it is the collective responsibility of the men, the family and the society- to support her to BE BOLD FOR CHANGE.

THE CAMPAIGN

- Public Awareness & Mass Contact programme at North Bus Stand Thrissur from 3.30 – 5.30 pm
- Free distribution of 5000 pamphlets and 500 booklets to the public in the buses, shops and the vicinity of the bus stand

- Street plays and flash mobs by college students.
- Short talks by ATMA Volunteers and guest speakers

Participation

The programme was organized with the support of the Lioness Club of Thrissur and the participation of Vimala College, St Mary's College and St Aloysius College, Thrissur.

More than 200 student volunteers from 4 colleges, 50 ATMA volunteers & representatives of Lioness Club participated in the campaign.

Corporation Counsellor Sri K Mahesh, ATMA Foundation Chairman Sri C K Suresh, Secretary K K Komalakumar, Lions Club Zone Chairman Dr Justin George, Dr Asha Gopalakrishnan, Dr Asha P Rao and Cine artist Sri Nandakishore addressed the public.

ATMA Volunteers and students of ATMA Gurukulam also gave their opinions on the issue.

Smt Leena James, President, Lioness Club of Trichur, inaugurated the booklet distribution by handing over a copy to Counsellor Sri K Mahesh.

PROGRESS FOR CHANGE!

Women's Day Campaign on March 8th 2018, at North Bus Stand, Thrissur

- Awareness Campaign
- 3000 Pamphlets on Safety systems for Women distributed by ATMA Volunteers
- Street play competition for College Students- St Mary's College, Thrissur, won the first place and Amala Nursing College, Thrissur won the second place.
- Free Medical Camp for women - with tests for Vision, Blood Sugar, Bone Density and BMI, conducted in association with Aswini Hospital, Thrissur and Arya Medical Centre, Thrissur. Over 100 women were benefitted from the camp.
- Wellness Screening Survey for Women

250 Volunteers...
Reaching out to over 5000 people!



ATMA FOUNDATION
Volunteering Transformation

PAGE NO.
053

CAMPAIGNS



WE CARE for Woman Empowerment



National seminar on

Economic Participation of Women – New Age Challenges and Opportunities

**9th March 2019, Saturday, 9.00 am – 4.30 pm
at Hotel Pearl Regency, Thrissur**

Keynote speakers:

- Dr T P Sethumadhavan, Director, UL Education & noted columnist
- Smt Deepa S Pillai, Asst General Manager, NABARD
- Sri G S Prakash, Deputy Director, MSME
- Sri C K Suresh, Director, ATMA Foundation
- Sri Adarsh P Dayal, District Program Manager, Kudumbasree
- Sri Ramachandran V R, Financial Counsellor
- Smt Smitha Keeran, Counsellor, Christ University, Bangalore
- Dr Mary Antony, Entrepreneur & Trainer
- Dr Sabitha Krishnamurthy, Consultant General Physician
- Smt SujathaWarrier, Freelance Writer

Chair :

- Dr Rose V J, HOD Commerce, Vimala College, Thrissur
- Dr. Julie P Lazar, HOD Economics, St Mary's College, Thrissur
- Dr Linda Mary Simon, Principal, ELIMS Thrissur
- Smt Radhika Krishnan, Volunteer, ATMA Foundation
- Ms Parvathy G, Teacher & Social Worker



SEMINAR



5. WE CARE FOR ELDERS

ATMA Foundation reaches out to Senior Citizens by organizing workshops on Graceful Ageing, and also by running campaigns to sensitise school children on the problems faced by the elders, inspiring them to give more love and care to the 'grandparents' at home and in the community.

1. Sensitising School Children towards the cause of Senior Citizens

Programmes as per the IPOP Scheme of Ministry of Social Justice & Empowerment

8 sessions have been conducted so far, reaching out to over 2000 children

2. Celebrate 55+ - Workshops on Graceful Ageing

3 workshops, benefitting over 200 senior delegates

With sessions on health, effective communication, living in harmony, yoga, self-grooming, etc.

Guests & Faculty:

- Padmasri Dr P R Krishnakumar

- Sri E K Bharat Bhushan, Former Chief Secretary of Kerala
- Dr K S Pillai, prominent Orthopaedic Surgeon & President of NSS, Trichur Taluk
- Smt Nalini Chandran, renowned Educationist
- Sri C K Suresh, Director, ATMA Foundation
- Sri Suresh Warriar, Sri Y P Menon (Corporate Trainers)
- Dr. T G Gopinathan, Orthopedic surgeon & sports medicine expert
- Dr Sailaja Ramkumar, noted Neuropsychiatrist
- Kalyan Utpalakshan, Director, Gandhiji Prakriti Chikitsa Kendram
- Sri K K Komalakumar, Sri Anilkumar P (Yoga Experts)
- Dr. Kanaka Prathap, trichonologist and beauty consultant
- Sri Jayakumar, Chief Manager, Central Bank of India, Thrissur
- Sangeetha N (Social Worker)
- Adv. K. Kittu Nair (Former Asst. Commissioner, Income Tax Dept.)
- Dr. Anju K. P. (Asst. Prof. Vaidyaratnam Ayurveda College, Ollur)
- Sri. Varghese Koikkara (Trainer)
- Dr. Deepa Deepak (Psychiatrist)
- Smt. Vanisree Kelath (Zumba Trainer)



CAMPAIGNS



WE CARE for Elders



6. P2P: PROBLEMS TO POSSIBILITIES – LOOK FORWARD & TRANSFORM

P2P is a campaign with a training perspective, for comprehensive empowerment of adolescents & youth. It aims to inspire youngsters towards greater achievement in life, by focussing on their possibilities rather than problems.

The campaign involves-

- Campus Seminars for Students on “Look Forward & Transform”
- Camps & Outbound Trainings for youth
- Seminars for Parents on “Parenting Adolescents”
- Special Seminars for Teachers, Helping Professionals, Media, etc



Project Launch by P Prakash IPS, City Police Commissioner



Sri Suresh Rajpurohit, IGP Training, inaugurating Campus Seminars



Session for teachers by C K Suresh



Dr. S. K. Tripathi, Dy Director, NIPCCD



Problems to Possibilities ...

- Project Launch by Sri P Prakash IPS, District Police Chief on 12th July 2014,
- Booklets on 'Mentoring Adolescents' compiled by C K Suresh were distributed to the teachers.
- Campus Seminars- first session inaugurated by Sri Suresh Rajpurohith, IG of Police on 2nd August 2014. 13 Campus Seminars & 3 Parenting Seminars conducted so far.
- Seminars for Teachers
 - Seminar on 'Mentoring Adolescents – New Challenges, New Roles'- 12th July 2014 at KoorkkencherySree Narayana Hall - guided by Dr S K Tripathi, Deputy Director, NIPCCD, Bangalore, and C K Suresh, Chairman, ATMA Foundation. 200 teachers from 53 institutions participated.
 - Transform to Transform - one-day workshop for teachers on 11th July 2015 from 9 am to 4 pm, at Hotel Elite International, Thrissur. 67 teachers from 25 institutions participated. There were sessions on Individual empowerment, yoga, LD remediation, etc, guided by an expert faculty panel consisting of Dr K G Viswanathan (Principal, Vaidyaratnam Ayurveda College, Ollur), Smt Sheeja P M (LD Remediator), Sri Suresh Plavida (Yoga expert) and C K Suresh.
- Residential Camps
 - Look Forward & Transform – Youth Camp from July 25th to 28th 2014. 130 youngsters from 38 schools participated.
 - 'LEAD – Empower to Transform' - Residential Leadership Workshop for Adolescents at National Heritage Centre Mazhuvanchery, from 17th– 19th July, attended by 76 young delegates from 30 schools participated.
 - I Transform- Residential Camp for Children & Youth from 12th – 15th August 2016 at National Heritage Centre, Mazhuvanchery, Thrissur with a participation of 110 delegates from various institutions.
 - Seminar on 'Mentoring Adolescents' on 8th July 2017 at Mrs Williams Rotary Hall, Thrissur. 84 delegates from 25 schools. Sessions by Dr Sailaja Ramkumar (Neuropsychiatrist), Dr Deepa Deepak (Psychiatrist), Smt Sreedevi Haridas (LD Remediator), and C K Suresh
 - Adolescent Mentoring & Basic Counselling Skills – 4- Day Residential Workshop for Teachers and Helping Professionals from 26th – 30th December at Saraswathi Vidya Nikethan, Chengamanad. 10 delegates undertook the training.

Guests & Faculty:

- Sri. C N Jayadevan, MP
- Sri. N Sreekumar (District Panchayath President)
- Dr. N Gopalakrishnan (Director, IISH)
- Commodore T K Suresh
- Sri. P Harisankar IPS
- Sri. Ramachandran, DySP (Vigilance)
- Sri. Boban Kollannur, Sri. Vinod Manjaly, Sri. Rafi John (Entrepreneurs)
- Dr. Varghese Mani (maxillofacial surgeon)
- Dr. Mini K Jose (Dept of Social Work, Vimala College Thrissur)
- Sri. K K Komalakumar (Yoga Trainer)
- Sri. Devidas Menon, Sri. Suresh Warriar, Sri. Kiran Kesavan, Sri. M S Paulson, Sri. Harikumar, Haridas Mani, Smt. Smitha Keeran Warriar, Sri. Sethumadhavan (Trainers)
- Dr. Jyothsna (Lifestyle Expert)
- Dr. Vijayakumar (Financial Expert)
- Sri. Dhanya Menon (Cyber-crime investigator)
- Sri. Jeff Antony (Architect)
- Dr. Mohan (Medical practitioner)
- Smt. Pallavi Krishnan, Sri. Anoop Sankar, Sri. Kalakshetra Raghi Satheesh (Artistes)
- Sri. Vishnu (Management Professional, UK)
- Ms. Nanditha Menon, Sri. Manmathan Nair (Social Workers),
- Ms. Parvathy G (Educator)



CAMPAIGNS

Camps for Youth



ATMA Foundation Flood Relief Support

“We are not able to get through to my parents. They are aged, ailing and alone. Can someone please find out?” The distress call was from a worried son in the US about his aged parents living in Thrissur, on the morning of 16th August 2018, as Kerala woke up to an unprecedented disaster.

Our central Kerala district of Thrissur had been so far spared, but the night of 15th August saw torrential rains, leading to all the major dams being opened, and the flood, in its most devastating phase, hit us.

ATMA Foundation Director C K Suresh had arrived early at the office on 16th August, when he got the call. He set out with a

team of ATMA volunteers to the nearby densely populated neighbourhood, where the water in its full fury, had knocked out compound walls, submerged cars, and was reaching up to the first floors of houses. The elderly couple were safely rescued, as were so many others. The rest of the day was a flurry of activity- responding to calls, passing information, comforting worried relatives- amidst an erratic power supply and unending rain.

Since then, the ATMA Foundation flood relief project has been in full swing – Relief, Rehabilitation & Reconstruction efforts in a community that has never known, in living memory, a calamity of this scale.



ATMA FLOOD RELIEF SUPPORT

Reconstruction & Rehabilitation Projects

ATMA is also helping flood-affected people to rebuild their lives, through reconstruction & rehabilitation projects. The project has already taken off in Kundur village.



Our Sincere Gratitude to...

AB InBev, Americares India, Mobility India, AS India, Indiana Malayali Association Global Giving Letz change & all the individuals & agencies who have supported us through generous contributions!



ATMA FLOOD RELIEF SUPPORT

Drinking Water
90,000 L Supplied
Worth > INR 9 Lakhs

Water Purification kits
to 1000 families sufficient
for 3 months

Hygiene kits
Worth 8.8 lakhs

Cleaning Materials
Worth 3.9 lakhs

Relief materials
Worth 9 lakhs

Primary Health Camps in
18 villages, Reaching out to
1700 families

Medicines
Worth INR 2 lakh
Distributed free of cost

Livelihood Support
to 4 families

Mobility Equipments worth
3.35 lakhs to 47 disabled flood
victims in Phase 1.
Committed equipments worth
>INR 5 Lakhs in Phase 2

New Clothes to
all children at
Parakkadavu LP School

Workshop for
Senior Citizens at Thrissur

Dance Festival for the Public
at the flood-hit village of
Chengamanad

Leadership Training Camp
for Youth at the flood-hit
village of Chengamanad

Repairs & Maintenance of
Damaged Houses
> INR 2,15,000

Construction of a
new home for INR 5 lakhs

> 116 Volunteers
Mobilised

>2800 Volunteer
Man Hours

>50 Lakhs worth
flood relief support

> 5,000 families
reached out to

> 30 villages
where relief was given

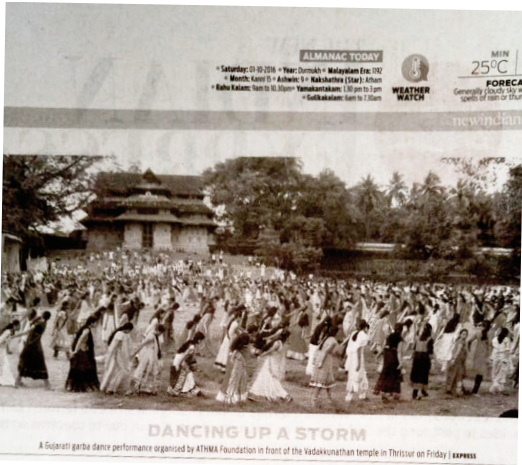




ആരംഭം ചെയ്ത നൃ ഗണി സംഘത്തിന് സഹോദര കൈകൾ പങ്കാളിടേ നാടിയ ഗണത്തിൽ ഗർവ്വം ഉറപ്പം.

ഗർവ്വത്ത താളത്തിൽ സ്ത്രീശക്തി സംഗമം

ആരംഭം ചെയ്ത നൃ ഗണി സംഘത്തിന് സഹോദര കൈകൾ പങ്കാളിടേ നാടിയ ഗണത്തിൽ ഗർവ്വം ഉറപ്പം. ആരംഭം ചെയ്ത നൃ ഗണി സംഘത്തിന് സഹോദര കൈകൾ പങ്കാളിടേ നാടിയ ഗണത്തിൽ ഗർവ്വം ഉറപ്പം. ആരംഭം ചെയ്ത നൃ ഗണി സംഘത്തിന് സഹോദര കൈകൾ പങ്കാളിടേ നാടിയ ഗണത്തിൽ ഗർവ്വം ഉറപ്പം.



A Suresh garba dance performance organized by ATMA Foundation in front of the Vadekkantham temple in Thrissur on Friday | EXPRESS

ATMA IN MEDIA

Short talk series by ATMA Founder- Director Sri C K Suresh, has been regularly aired in Asianet Television, completing over 800 episodes from 2007- 2011. He has produced and anchored a campus debate series of 75 episodes on Amrita TV, and has been interviewed by Jaihind TV, Asianet Television & Asianet Radio Dubai.

ആരംഭം ചെയ്ത നൃ ഗണി സംഘത്തിന് സഹോദര കൈകൾ പങ്കാളിടേ നാടിയ ഗണത്തിൽ ഗർവ്വം ഉറപ്പം

ആരംഭം ചെയ്ത നൃ ഗണി സംഘത്തിന് സഹോദര കൈകൾ പങ്കാളിടേ നാടിയ ഗണത്തിൽ ഗർവ്വം ഉറപ്പം

ആരംഭം ചെയ്ത നൃ ഗണി സംഘത്തിന് സഹോദര കൈകൾ പങ്കാളിടേ നാടിയ ഗണത്തിൽ ഗർവ്വം ഉറപ്പം

സംഗ്രഹം ചെയ്ത നൃ ഗണി സംഘത്തിന് സഹോദര കൈകൾ പങ്കാളിടേ നാടിയ ഗണത്തിൽ ഗർവ്വം ഉറപ്പം

സംഗ്രഹം ചെയ്ത നൃ ഗണി സംഘത്തിന് സഹോദര കൈകൾ പങ്കാളിടേ നാടിയ ഗണത്തിൽ ഗർവ്വം ഉറപ്പം

സംഗ്രഹം ചെയ്ത നൃ ഗണി സംഘത്തിന് സഹോദര കൈകൾ പങ്കാളിടേ നാടിയ ഗണത്തിൽ ഗർവ്വം ഉറപ്പം

സംഗ്രഹം ചെയ്ത നൃ ഗണി സംഘത്തിന് സഹോദര കൈകൾ പങ്കാളിടേ നാടിയ ഗണത്തിൽ ഗർവ്വം ഉറപ്പം

സംഗ്രഹം ചെയ്ത നൃ ഗണി സംഘത്തിന് സഹോദര കൈകൾ പങ്കാളിടേ നാടിയ ഗണത്തിൽ ഗർവ്വം ഉറപ്പം

സംഗ്രഹം ചെയ്ത നൃ ഗണി സംഘത്തിന് സഹോദര കൈകൾ പങ്കാളിടേ നാടിയ ഗണത്തിൽ ഗർവ്വം ഉറപ്പം

റേഡിയോ വെബ്സൈറ്റ് ലൈൻ തൃശ്ശൂരിൽ കണ്ടെത്തിയത് 11 കുട്ടികളെ



റേഡിയോ വെബ്സൈറ്റ് ലൈൻ തൃശ്ശൂരിൽ കണ്ടെത്തിയത് 11 കുട്ടികളെ. റേഡിയോ വെബ്സൈറ്റ് ലൈൻ തൃശ്ശൂരിൽ കണ്ടെത്തിയത് 11 കുട്ടികളെ. റേഡിയോ വെബ്സൈറ്റ് ലൈൻ തൃശ്ശൂരിൽ കണ്ടെത്തിയത് 11 കുട്ടികളെ.

REGULAR PROGRAMMES

01

Empowerment

- 12 Harmony Counselling Workshops
- 96 EC Lab sessions
- 727 Empowerment Workshops
- 1,54,288 beneficiaries

02

Community Health

- 9 Medical Camps
- Ambulance Service
- 5 Health awareness talks
- Free Nutrition food kits to 1500 families
- Seminar for upcoming health & Helping professionals
- Over 250 delegates & 10 eminent faculty

03

Volunteer Development

- EC Groups
- Family Betterment Sessions
- Celebrations & outbound get togethers
- Workshops & trainings
- 255 programmes

1. EMPOWERMENT INITIATIVES

Empowering people to empower themselves...

The ATMA concept of Empowerment involves assisting individuals to realize their true potential and express it in excellent performance, while sharing the benefits with less privileged fellow beings.

Here, Empowerment is defined the ability to give the correct response to situations, minimizing the impact of external circumstances or internal prejudices, appreciating the need for interdependence

while maintaining personal independence in relationships. It touches all aspects of life – physical, emotional, intellectual & spiritual. It is developed through intrapersonal & interpersonal integration. This requires constant awareness, value clarification & emotional catharsis.

All ATMA Empowerment projects are termed **EC initiatives (E – Empowerment, C- Compassion)**

Since 2006, ATMA has organized over 729 EC sessions for individual empowerment, reaching out to more than 1,54,288 individuals of different cross sections – children, adolescents, youth, teachers, social workers, etc.

Training sessions like EC Labs, Harmony Counselling Workshops, etc. have helped impart training to over 200 volunteers who are interested in the helping professions.

Program	No. of Sessions	Beneficiaries
EC Adolescence	237	58864
Youth Empowerment (EC Youth)	132	25842
Child Empowerment (EC Kids)	75	16270
Parent Empowerment	171	42752
Teacher Empowerment	96	9244
E C Social worker	18	1316
Total	729	154288

EC LABS

Article by Sangeetha N

ATMA's philosophy "Living in Harmony" is all about intrapersonal and interpersonal integration for effective living with joyous relationships. For any philosophy to be applied practically in real life, it needs to be thoroughly grasped and digested.

EC Labs or Empowerment and Compassion labs are experiential process labs for empowering the individual and developing basic skills for creative intervention.

A sincere and committed participant learns to look within and sense his/her feelings. Slowly and surely, an integration begins inside.

A typical EC Lab involves a fixed group of 10-20 participants. The course period is one year and 15 full day sessions are conducted during the period.

The Lab aims at instilling in all a sense of responsibility for his/her thought, word and deed.

At the **beginning of the session**, the participants are advised to remain relaxed keeping their minds open, shedding their

self-concerns and fears, creating an atmosphere of camaraderie.

As participants recall incidents or feelings from their personal life, the group members respond, expressing their feelings towards the same. The exchange goes on. Here it is significant to understand that one is supposed to express one's feeling and not thoughts.

As the **session advances**, each participant learns the art of looking within, but realizes that what others feel does not often match with his/her own feelings and hence to react is ignorance. Slowly he/she learns to take responsibility of his/her thoughts and feelings and admits and accepts that others too have a right to their own feelings, on the happenings around.

This eventually gives the participant an understanding of self, and a control over one's responses – which, in the ATMA sense, is true empowerment. He/ she also learns to truly 'listen' to another – go beyond the uttered word, and sense true feelings – paving the way for real compassion to fellow beings.



REGULAR PROGRAMMES

MEGA SEMINARS FOR YOUTH

1. LEADERSHIP CONCLAVE

5th August 2017 (9 am – 5 pm)
at Hari SriVidya Nidhi Nalini Chandran
Auditorium, Thrissur.

361 delegates, aged 14- 24 years.

Inauguration

Smt. Nalini Chandran, renowned
educationist

Sessions by

Sri K Padmakuar IPS, ADGP, Director
(Training), Kerala Police Academy,
Dr. V P Gangadharan, renowned Oncologist
Mekin Maheshwari, Entrepreneur, Former
Flipkart CPO

C K Suresh

In the chair:

Dr V Bindhu, Principal, Vidya Vihar Central
School, Kakkassery

Sri Muhammad Rasheed, President,
Sahodaya

Smt Leena Ravidas, Asst Director, VHSE

Smt Chitra Sankar, Coordinator, SPICMACAY,
Thrissur

Felicitations:

Sri M Aravindakshan, President, District
PTA, Thrissur



The Leadership Conclave, August 2017, Session by
Sri. K. Padmakumar IPS

Interactive Session with V P Gangadharan,
renowned oncologist



Session with C K Suresh



Session with Mekin Maheshwari, Entrepreneur

2. Do it NOW!!

3-day residential training for Adolescents on 'Life, Education & Adolescence' from 26th- 29th December 2014 with 85 student delegates from 22 schools. There were sessions on Goal Setting, Transformation, Communication, Leadership, Appreciating Art, Cultural Programmes, Trekking, Outdoor games, etc.

Faculty Panel:

Sri C K Suresh, Sri Devidas Menon, Smt Perly Jose, Sri Suresh Warriar (Trainers)

Sri Jayaraj Warriar, Ms Swetha Nair, Ms Malavika Anilkumar (Artistes)

Sri Jyotis Mohan IRS, Br. Dhruv Chaitanya.



Trekking @ Do It NOW camp



Games @ Do it NOW camp

3. Lead with A+

One- day seminar for leaders & leadership aspirants of class X- XII on "Life, Education & Adolescence" on October 2nd 2012 at Kerala Sangeeta NatakaAkademi Regional Theatre with 600 student delegates from 56 schools.

Sessions by: Adv. Dr Jayasooryan Pala (Chairman, Win World Foundation) Sri C K Suresh (Director, ATMA) Dr. Sailaja Ramkumar (Neuro Psychiatrist) Ms. Geethu (Counsellor) Ms. Parvathy G (Career Guide)

Follow Up Programmes:

- ½ day session for parents of adolescents on Oct 14th at Kerala Sahitya Akademi Hall.
- Guiding Adolescence: Teachers' & Principals' meet on Oct 14th



Lead with A+- seminar with 600 delegates!



2. COMMUNITY HEALTH

Health for Happiness...

- 9 Medical Camps with free medicine distribution have been organised with the technical support of Arya Medical Centre, Sitaram Ayurveda Pharmacy, Santhi Hospital, and Aswini Hospital, benefitting more than 500 underprivileged families. 18 primary health care camps were conducted in flood hit villages in 2018, benefitting over 1550 people.
- Monetary medical aid of INR 70,000 was provided to 5 families
- Nutrition food kits were supplied to 1500 poor families in Venginissery Panchayath for Onam Festival in 2014, 2015 and 2016, involving a financial commitment of INR 7.5 Lakhs.
- 5 talks by experts on Healthy Living
- Free Seminars for rural youth on facing exams with confidence.
- Promotion of Family Farming – 2 awareness programmes on family farming and free seed distribution in association with Seed Development Authority.

Special Programme - HEALTH & HARMONY

One-Day Seminar

for students & practitioners of health & helping professions on 17th January 2016 @ Kerala Sahithya Academy Hall, Thrissur, with sessions on Holistic Approach to Health and Compassion in Helping Professions

Inspiring over 250 young delegates to explore the values and attitudes of helping professions, and access the insights and experiences of successful role models...

Guided by an eminent faculty panel:

- Padmasri P R Krishnakumar, MD, Arya Vaidya Pharmacy, Coimbatore and Chancellor, Avinashilingam Institute of Home Science and Higher Education for Women
- Dr M R Rajagopal, Founder Chairman, Pallium India
- Dr T Manoj Kumar, Managing Trustee, MHAT
- Dr M R Chandran, Principal, Amala Institute of Medical Sciences, Thrissur.

- Dr V K Ramankutty, Former Principal, Jubilee Mission Medical College, Thrissur
- Dr V T Ravi, Consultant Neurologist, Moulana Hospital Perinthalmanna
- Vd M Prasad, Principal, Ashtamgam Ayurveda Hospital
- Dr K N Gopakumaran Kartha, Principal, PKDIMS, Vaniyamkulam
- Dr Smitha Ramdas, Associate Professor of Psychiatry, Medical College, Thrissur
- Dr P V Ajayan, Additional Professor of ENT, Medical College, Thrissur.

... and a Tribute to a True Role Model

Smt M Radha (Radha Sister) for her dedicated service to humanity and commitment to the healthcare profession-

A Public Function honouring her on her 70th Birthday....

In the presence of distinguished dignitaries and an audience of over 300 well wishers... including family, friends & ATMA Volunteers!!

Health and Harmony



Inauguration by Padmasree Dr P R Krishnakumar.
Dr M R Chandran presided over the session



Over 250 delegates from 20 institutions



Padmasree Dr M R Rajagopal addressing the delegates



Sri Therambil Ramakrishnan, former MLA and Smt Ajitha Jayarajan, Mayor felicitating Smt M Radha for her committed service to Palliative Care



COMMUNITY HEALTH

Health and Harmony



Medical Camps



COMMUNITY HEALTH



Distributing Nutrition Kit

Ambulance Service

Bank of India, under their CSR scheme, donated an ambulance to ATMA Foundation. In a function held at the ATMA Foundation office courtyard on 20th March 2017, Bank of India Dy Zonal Manager (Kerala) Sri T Raveendran handed over the vehicle to Sri C K Suresh, Director, ATMA Foundation. The function was attended by over 100 people including ATMA Foundation trustees, volunteers, well-wishers and Bank of India personnel.

ATMA ambulance services have been utilised by 469 beneficiaries so far.



3. TEAM BUILDING & VOLUNTEER DEVELOPMENT

Together we walk far...

C K Suresh, Founder Director of ATMA Foundation believes that service is an expression of our gratitude for the blessings that we have received. Readiness to serve should originate from the happiness of the individual, it should be sustained by harmonious relationships within the family, and developed through joyful interactions with the community.

Thus, individual empowerment, followed by relationship empowerment is the route to social work.

ATMA Foundation has been envisioned as a platform to nurture this joyous expression of social service. Hence focus is given to the individual empowerment

of our volunteers, and effective volunteer development programmes are part of the organizational agenda.

- **EC Groups** - Weekly sessions for the volunteer team, with guided sharing of personal experiences and feelings, to promote transparency, clarity and understanding – within oneself and among team mates.
- **Celebrations, Tours & Outings** – Helps create bonds of togetherness among the families of team members, in an informal atmosphere of joy and celebration.
- **Monthly Family Betterment Sessions**- It is the foundation on which all our

team building initiatives rest. It is a semi-formal get together attended by new and existing members with their families – with a mix of programmes like discussions on issues of social relevance, discussions on ATMA Foundation initiatives, Cultural programmes, short talks, etc.

- **Workshops & Trainings** – TA Groups, EC labs, Counselling Skill Workshops etc for individual empowerment
- **Visits to other organisations** – to expand knowledge and understanding of their concepts and practices, which will help the team gain new insights and fresh perspectives on different areas of social work.



Why Serve? **My Volunteering Journey with ATMA**

By Parvathy G, Volunteer & Trustee, ATMA Foundation

“What inspired you to do social work?” A question I am often asked by long-lost friends and relatives when they suddenly discover that I am a full-time volunteer of ATMA Foundation. The honest answer? Nothing. I just stumbled into it when I had time to spare. There was no spring of compassion, no clarion call to make a difference, no irresistible pull to serve my fellow-beings.

I didn't know enough to care enough. I didn't know that, around me, near me, there were children being abused, women struggling to keep their families fed, elders suffering the agony of neglect, or youngsters fighting the battles of depression.

ATMA opened my eyes to many things that were wrong around me- and also to the possibilities of initiating change for the better. With ATMA, I learnt to act for change- because feeling sad or sorry will not make a difference. I learnt to measure my social commitment in terms of my contribution to those who needed help.

ATMA also opened my eyes to many things that had been right for me. Things that I had taken for granted- a safe home, a loving family, good education... so many things that I had got, just by good fortune!

ATMA opened my eyes to my blessings. And thereafter, how could I not serve?

“Service is an expression of gratitude for the blessings that we have received”- This thought by ATMA Founder C K Suresh is the core philosophy of Volunteerism at ATMA.

Here, we do not feel good because we serve. We serve because we feel good.

“Social Work is not something to be done for happiness. It should come from happiness.” True to this philosophy, ATMA gives importance to the personal well-being of Volunteers- with focus on Individual Empowerment and Family Harmony.

Our volunteers attend weekly EC (Empowerment & Compassion) Groups- where we openly discuss individual and team concerns, gain new insights into ourselves, understand and appreciate the perspectives of others. This helps us to grow as a person and bond as a team.

We encourage volunteers to involve their spouses and family, too, with ATMA. Monthly family get-togethers, outings and tours help the families to get closer to each other and also to ATMA. Serving together brings greater joy and harmony in the family.

ATMA's unique approach to Volunteerism helps to bring about positive transformation in the individual, within the family, and in the community- fully justifying the tagline ‘Volunteering Transformation’

Service is a celebration of goodness- our own and of those around us.

My volunteering experience of 13 years with ATMA has been exactly this- a celebration, a joyful tribute to the Divine expressed as service to His creation, an exploration of who I am and what I can be- an exciting journey of transformation into a better human being.

And I have witnessed beautiful transformations around me. When a child who comes to ATMA Gurukulam as a school dropout or with childhood trauma, finally graduates as class topper, it is a transformation of hope. When a trafficked child is rescued by our Railway Child Help Desk, it is a transformation into life. When our flood relief efforts help a family to build back their lost home, it is a transformation of resilience. Every story, every smile, every tear of joy, is a testimonial to the inherent joy of service- an inspiration to give our best to humanity, a commitment to the well-being of the other. And then, we more than transform- we evolve.

ATMA RAISING DAY

The ATMA Raising Day is on 8th May. Every year, a Raising Day public function is organized on a convenient date in the first or second week of May. The annual report is presented in the presence of distinguished guests, ATMA volunteers & well-wishers. There are talks and discussions on ATMA projects, and cultural programmes by the ATMA family.

Distinguished Guests over the years:

- Dr A Kowsigan IAS, District Collector
- Shri. G. Mahadevan
- Smt. K B Sreedevi
- Swami Adhyatmanandaji
- Sri.R.Valsan
- Prof.T.B.Ramakrishnan
- Sri.K.Jayakrishnan
- Sri.Vidyadharan Master
- Sri.Mangad Natesan
- Sri.VamananNambodiari
- Ms.Rekha
- Mr.Suraj Sudhakar



District Collector Dr A Kowsigan IAS
@ ATMA Raising day 2017



Inauguration of ATMA Fraternity- Sri Chennas
Dinesan Namboodoripad with C K Suresh



REGULAR PROGRAMMES

ATMA FRATERNITY

The ATMA Fraternity is envisioned as a cohesive team of committed volunteers, who contribute their time, resources, goodwill, contacts and expertise for the effective implementation of ATMA Foundation service projects. Fraternity membership is open to all good people who are willing to make some such contribution to brighten the lives of less privileged fellow beings. The ATMA Fraternity was inaugurated on 8th May 2013.

Donors' Meet & Charity Dinner

It is an annual fund-raising event organized by ATMA Fraternity every year on 1st May, since 2014. It is an occasion to bring together existing and prospective donors and other distinguished dignitaries and present the organization's work – activities done so far, funds utilized, as well as future plans and fund requirements. The five events so far have helped us to ensure the involvement of many good people in the ATMA Team.





Volunteer Development Programs



Towards ATMA Harmony Village ... Our Dream Project

The dream project of ATMA Foundation is the ATMA Harmony Village – a unique multi-faceted project which integrates a range of assisted-living initiatives and community development engagements- including Elders’ Homes, Children’s Homes, Homefor destitute women, projects for community health, mental health, family welfare, education, skill development, protection of the environment, etc.

The ATMA Harmony Village focusses on a strength-based approach to service. Elders, destitute women, homeless children, etc are usually considered as vulnerable groups who require support. At the Harmony Village, we look at the strength and unique quality that each group possesses, and harness it to benefit others.

For example, when the Elders’ Homes and Children’s Homes are linked together, the children receive the love and wisdom of a grandparent, while the elders’ days are brightened by the energy and cheer of the children. The elders can contribute their time, expertise and resources to the various service projects at the Harmony Village. The community benefits from them, while they gain a sense of purpose, which leads to a healthy and active old age.

Similarly, destitute women and youth can get trained at the Skill Development Centre – and join the workforce at the Harmony Village as caregivers and skilled workers- providing much-needed human resources for sustaining the project. The School of Social Work will provide a rich hands-on learning experience to social work students, while they, in turn, become professionally trained volunteers at the Harmony Village for the duration of their course.

In this manner, all projects at the ATMA Harmony Village are mutually supportive. This effective cross-utilization of tangible and intangible resources is the key feature of this project, leading to long term sustainability. It also empowers the inmates to live with dignity, as they are not only ‘takers’ of support, but also ‘givers’ of happiness to others. This will meet their emotional needs, and add purpose, confidence and quality to their life. The Village will also develop innovative models and practices which can be sustained with community participation.

Once completed, it will be a unique social work initiative, which would change the very concept of institutionalized care.

COMMUNITY ABODE

- Elders' Homes
- Children's Homes
- Short Stay Homes for Destitute Mothers
- Youth Homes
- Working Women's Home
- Elders' Day-care Centre



COMMUNITY HEALTH

- Marital Guidance Centre
- Harmony Counselling and Training Centre
- Child & Adolescent Development Centre
- Geriatric and Palliative Care Hospital
- Mobile Medical Care Units
- Holistic Health Hub
- Medicinal Garden
- ATMA Yoga Peetom
- Mental Health Care Centre for Children and Adolescents

ATMA Harmony Village Our Dream Project

COMMUNITY EDUCATION & EMPOWERMENT

- ATMA Temple of Arts
- ATMA Open School
- ATMA Week-end School
- ATMA Special Schools
- Training & Development Hub
 - The Campsite Centre
 - Outbound Training Centre
 - Livelihood Skill Station
 - Success Skill Development Centre

COMMUNITY DEVELOPMENT

- Campaign Point
- Community Development Facilitation Centre
- Centre for Family Based Interventions
- Community Radio
- Centre for Living in Harmony Environment Centre
- Sustainable Agriculture Centre
- Gokula Gramam - Cow Village
- School of Social Work
- Research Centre

THE VISION

The different projects are mutually supportive - there will be an effective cross-utilisation of tangible and intangible resources, leading to long term sustainability. The inmates of the Village can live with dignity, participating in the social service projects initiated here, effectively contributing back to society. This will add purpose, confidence and quality to their life.



Founder: C K SURESH

Trainer | Consultant | Counsellor | Life Coach

C K Suresh, Founder Director of ATMA Foundation, is a Counsellor, Performance Coach & Relationship Guru. In the last 20 years, he has provided counselling support to over 4000 families in need, totally free of cost, and has developed a unique approach to counselling, named 'Harmony Counselling', where the individual is empowered to solve his own problems. As a trainer, he has more than 5000 sessions to his credit. His talk series on Effective Living have been telecast for over 800 episodes in popular Malayalam Television Channels. From his rich experience in Management, Psychology, Spirituality & Social work, he has developed the practical philosophy of 'Living in Harmony', for effective living with happy relationships.



AWARDS & RECOGNITIONS

C K Suresh was honoured by the Rotary Club of Thrissur Central with Vocational Excellence Award for his exemplary services to the community through his chosen vocation of Counselling & Training. He was accorded the 'Champions of Humanity Award' in 2018. He also received the Malayali Mudra Award by Malayali Samskarikam, a socio-cultural organisation.

Recognitions for ATMA:



ATMA Gurukulam Managing Committee

Sri. C. K. Suresh
(Managing Trustee)

Sri. P. K. Krishnankutty
(Correspondent)

Smt. Radhika Krishnan (Secretary)

Smt. C. K. Niveditha

Ms. Parvathy G (Trustee)

Dr. V Bindhu
(Senior Educationist, Principal,
Trainer & Counsellor)

Ms. Sangeetha N (Social Worker)

Smt. Krishnakumari
(Retd. Head Mistress,
Sri Sarada Girls HSS, Puranattukara)

Smt. P. M. Mini
(Teacher, Sri Sarada Girls HSS,
Puranattukara)

Brni Devika Chaitanya (Volunteer)

Smt. Padmaja (Volunteer)

Smt. Deepa Haridas (Volunteer)

Sri M. D. Raju (Volunteer)

ATMA TRUST BOARD

Sri. C K Suresh, Managing Trustee

MBA, MSc (Psychology), PGDJ

Counsellor, Trainer & Relationship Coach.
Post Graduate in Psychology, Management
& Journalism.

He has taken up leadership roles in socio-cultural organizations for over 30 years, to implement creative social intervention initiatives.

Sri. T M Reghunandan, Secretary

Retired Deputy Collector. Involved in social work through various organizations.

Sri. P K Krishnankutty, Treasurer

Retired Manager from the Central Bank of India, involved in developing the ATMA Gurukulam Girls' Home right from its pilot phase.

Smt. Radhika Krishnan, Secretary, ATMA Gurukulam Managing Committee

Homemaker, involved in various social organisations

Ms. Parvathy G, Board Member

MSc, B Ed. Teacher and entrepreneur.

Sri. K K Komalakumar, Former Trustee

Retired Retail Banking Officer from Standard Chartered, Abu Dhabi, actively involved in the popularization of Yoga for over 17 years.

Sri. A P Balakrishnan, Former Trustee

Financial Consultant (ICWAI) with international exposure in finance and accounting.

ACKNOWLEDGEMENT

Our sincere appreciation to the team that helped to bring out this souvenir...

Content Management:

Parvathy Ganesan, Sangeetha Nandakumar,
Nivedya Divakaran

Design & Layout:

Sijo, Kreatif Multimedia Hub, Thrissur

Guidance & Support:

C K Suresh, Sivadas C G, Sujatha Warriar,
C N Jayarajan, K K Komalakumar, P K
Krishnankutty, Radhika Krishnan

Student Interns:

Yadu Muraleedharan, Kevin Ponnore,
Anumol Sunny, Aksa Mathew





Luxury living at affordable cost....

Only few flats available....

eclectic
royal enclave

2 BHK READY TO OCCUPY FLATS

Only 250 Mtrs. from Collectorate, Ayyanthole,
Thrissur.

We are specialized in:

Architecture & Civil Construction

PEB Structure

Interior & Structural Designing



eclectic
BUILDERS & DEVELOPERS

2 nd Floor, Kingsway Bldg, Bishop Palace Rd, East Fort, Thrissur-5
www.eclecticbuilders.in | enquiry@eclectic@gmail.com
Call: +91-96 33 44 44 77



नेशनल इन्शुरेन्स
National Insurance

नेशनल इन्शुरेन्स कम्पनी लिमिटेड
(भारत सरकार का एक उपक्रम)
'National Insurance Company Limited'
(A Govt. Of India undertaking)



Thrissur Divisional Office-1:

Kollannur Devassy Smarak Bldg., Round East, Thrissur-680 001

Ph: 0487-2331055, 2331392, 2331340 (D)

Website: www.nationalinsuranceindia.com

ELEGANCE TAILORS

West palace Road, Thrissur



State Bank of India
With you · all the way

SPBB Thrissur

9497712733, sbi.16085@sbi.co.in

PURE SAND

Chendamagallur Road,
Mugham, Kozhikode

SOUBHAGYA ENGINEERING COMPANY

Kozhikode

AMMU REGENCY

Marar Road, Thrissur

MALABAR GOLD

Kozhikode

GRAND HOUSE

Perambra, Kozhikode

HILITE REALTORS (INDIA) LTD

Calicut



LAPTOPS



DESKTOPS



PRINTERS



CCTV



AIR CONDITONERS



ACCESSORIES



SMARTPHONES



PROJECTORS

MULTIBRANDED IT HYPERMARKET

MULTIBRANDED HOME APPLIANCES

0 % INTEREST
EASY EMI SCHEME

EXCHANGE
OFFER



OPEN ON
ALL SUNDAYS

HASSLE FREE
ONSITE SERVICE

ESQUIRE[®]

AN ISO 9001: 2015 COMPANY



KOZHIKODE | KOTTAYAM | ERNAKULAM | TRIPRAYAR | PERINTHELMANNA
9633010932 | 9895026932 | 9895762653 | 8111994811 | 8111994854

ESQUIRE HOUSE, MANNATH LANE, THRISSUR
SALES : 8113984441 | SERVICE : 04872330931
WWW.ESQUIRECOMPUTERS.COM

കേരസംരക്ഷണത്തിന് പ്രകൃതിദത്തമായ സവിശേഷ ആയുർവേദ മിശ്രണം...

സീതാം നരസിംഹം ഓയിൽ



Sitaram
SINCE 1921



Sitaram Narasimham Oil

കേരസംരക്ഷണത്തിന് ആയുർവേദചാര്യന്മാർ നിർദ്ദേശിച്ചിട്ടുള്ള ഔഷധക്കുട്ടികളാൽ വിധിപ്രകാരം തയ്യാർ ചെയ്യുന്ന സീതാം നരസിംഹം ഓയിൽ സമ്പൂർണ്ണ കേരസംരക്ഷണത്തിന് കാലങ്ങളായി ഉപയോഗിച്ചു വരുന്ന ഔഷധമാണ്. ഇതിലെ സവിശേഷ മൂലികകൾ മുടിക്ക് വേരുമുതൽ ബലം നൽകുന്നതിനാൽ മുടി കൊഴിച്ചിൽ കുറയ്ക്കുന്നു. ഒപ്പം കേശവളർച്ചയും പ്രദാനം ചെയ്യുന്നു.

ഇപ്പോൾ
ആകർഷകമായ
പുതിയ
പായ്ക്കിൽ



- മുടിവളർച്ചയ്ക്ക് ഉത്തമം | അകാലനര അകറ്റുന്നു | താരൻ ഇല്ലാതാകുന്നു
- മൊയർ ഫോളിക്കിളുകൾക്ക് പുതുയാവനം നൽകുന്നു | ശരോചർമ്മ വരൾച്ച അകറ്റുന്നു
- മൊയർ ബർബറുകളിലേക്ക് രക്തചംക്രമണം വർദ്ധിപ്പിക്കുന്നു | നാഡികളുടെ സംവേദനശേഷി വർദ്ധിപ്പിക്കുന്നു
- ശ്വാസസംബന്ധമായ അലർജികൾ, കഴുത്തിനനു ചുറ്റുമുള്ള വേദന എന്നിവ അകറ്റുന്നു

piximedia 974580310

SITARAM AYURVEDA PHARMACY LTD.
111/475 A, Gandhi Nagar Road, Nedupuzha, Thrissur – 680 007. For queries and feedback:
Ph: 0487 2448570 E-mail: ccc@sitaramayurveda.com Website: www.sitaramayurveda.com
An ISO 9001:2008 CERTIFIED COMPANY



Sitaram
AYURVEDA

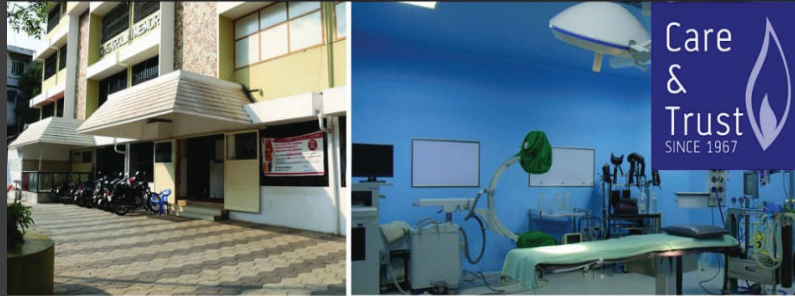
Sitaram
AYURVEDA
Beach Retreat

8 ദശാബ്ദങ്ങളുടെ സവിശേഷ ആയുർവേദ പാരമ്പര്യം

RNI Reg: No.36078/1981
Published on 07-02-2019

THULASEDALAM

Registered Regn. No.: KL/TCR/281/2016-2018
Posted at RMS, Thrissur February 2019, Price-15.00



Care & Trust
SINCE 1967



Facilities

- 5 Well-equipped operation theaters
- Post-operative & medical ICU
- Ventilator therapy
- 24 hrs emergency
- 24 hrs Lab
- 24 hrs X-ray
- ECG
- Ultrasound scan
- 2D Echocardiogram
- Pharmacy
- Canteen
- Medical health checkup
- Computerised TMT

Departments & Doctors

<p>ANAESTHESIOLOGY Dr. KRISHNAN K. PISHAROTI MBBS, DA Dr. JAIN E.V. MBBS, DA</p> <p>CARDIOLOGY Dr. DEEPAK NANDAN MD, DM Dr. PRAVEEN SREEKUMAR MD, DM, PDF (EP), DNB, MRCP</p> <p>CLINICAL PATHOLOGY Dr. S.M. BALAGOPALAN MBBS, DCP</p> <p>DENTAL SURGERY Dr. THARIAN B. EMMATTY MDS</p> <p>DERMATOLOGY Dr. V. RAMANKUTTY MBBS, DVD</p> <p>ENT Prof. Dr. N. SWAMINATHAN DLO MS Dr. P.T. ARUN KUMAR MS, DNB, MNAMS</p> <p>GEN MEDICINE Dr. O.A. RAMANATHAN MD Dr. SABITHA KRISHNAMURTHY MD (INTERNAL MED)</p> <p>GEN SURGERY Dr. KESAVAN NAMBOOTHIRI MS</p>	<p>GASTRO SURGERY (LAP) Dr. V.P. MDHAVAN MS, DNB, MCh, MRCS</p> <p>MAXILLO FACIAL SURGERY Prof. Dr. VARGHESE MANI MDS Dr. RANJITH MDS</p> <p>OBSTETRICS & GYNAECOLOGY Dr. NARAYANAN PISHAROTY MBBS, DGO Dr. K. RAMANI MD, DGO Dr. MEERA K. DGO, DNB Dr. SREEJA K.S. M.S., DGO Dr. KRISHNANKUTTY MD, DGO, FICOG Dr. NIRMAL KRISHNAN MS, DGO</p> <p>ORTHOPAEDIC & SPORTS MEDICINE Dr. SIMON MATHEW MS (Orth), MCh(Orth) Fellow in Arthroplasty Dr. ANTONY JOSEPH THOPPII MS (Orth), Fellow in Arthroplasty Dr. KRISHNAKUMAR M. Fellow in Reconstructive Orthopaedics & Ilizarov Surgery</p> <p>PAEDIATRICS & NEONATOLOGY Dr. SHOBA VIJAYAN MD, DCH, DNB Dr. P.S. SANGAMESWARAN MBBS, DCH Dr. KF. MANAVALAN MBBS, DCH</p> <p>PAEDIATRIC SURGERY Prof. Dr. P.K. NARAYANANKUTTY MS, MCh</p> <p>PLU. MCNCOLOGY Dr. (Col.) V.P. GOPINATHAN MD, MNAMS, DNB</p>	<p>PLASTIC SURGERY Dr. SUBRAMANYA IYER MS, MCh, FRCS Dr. JAYAKRISHNAN K. MS, MCh</p> <p>RADIOLOGY Dr. LALY A. KANNATH MBBS, DMRD Dr. JERRY MALIAKKAL, MD, DNB</p> <p>UROLOGY DR. JOJU VARGHESE AKKARA MS, MCh, DNB</p> <p>OTHER FACILITIES</p> <p>PHYSIOTHERAPY MR. P.V. PRASOB MPT</p> <p>AUDIOLOGY & SPEECH THERAPY MRS. MANJUSHA MSc</p> <p>PRANAYOGA ANIL. M.K. VICTOR MD (AM), DPH, DNYs (Holistic Health Consultant)</p>
---	---	---



Shornur Road, Thrissur, Kerala, India - 680 022. Ph: 0487-2335 145 / 185, 2321 091 contact@sarojahospital.com, sarojahospital.com

Printed and Published by Sri. K.P. Harikrishnan, General Secretary
For Pisharody Samajam at Kaia Offset Printers, Punnunnam, Thrissur
Chief Editor: Smt. Rema Prasanna Pisharody

Since 1969



അഭിമാനം
അണിയറവോൾ
അഭിമാനത്തിന്റെ
പ്രതിരൂപമായ്
ലക്ഷ്മി ജ്വല്ലറി,
പുതിയ ഭാവത്തിൽ

നാലര പതിറ്റാണ്ടായി അമുല്യമായ സാർണ്ണി
തിളക്കത്തിന്റെ, അതുല്യമായ സൗന്ദര്യത്തിന്റെ
അഭിമാനവേളകൾ നിങ്ങൾക്ക് സമ്മാനിച്ച
ലക്ഷ്മി ജ്വല്ലറി, അതേ മുല്യങ്ങൾ നിലനിർത്തി
പുതിയ രൂപത്തിൽ.



Kodungallur +91 480 2802750
N. Paravur +91 484 2445050 **Chalakydy** +91 480 2708750

GOLD | DIAMOND | PLATINUM
www.lakshmijewellery.in

With Best Compliments from:

- 18 Years of Excellence
- 41 Projects
- Projects at Thrissur, Guruvayur, Palakkad



www.vishraam.com



Call: +91 974 665 88 88

With Best Compliments from:



POLY CLINIC PVT LTD AUTOMATED LAB, X RAY & ECG

TC/6/2695, TOWN HALL ROAD,
THRISSUR-680 020

Ph: 0487-2331044, 2331242
FAX: 0487-331242

E-MAIL:
info@polyclinicthrissur.com

With Best Compliments from:

Sun Auto Electrical Works

Bosch & Autolek
authorised sales & service

30/457, Remadevi Mandir Road,
Punkunnam, Tcr-680002
Ph: 9495218336, 0487 2382336

Proprietor: SOORYAN.P.R

“We are servicing auto
electrical and car a/c.”



VIJAY PHOTOS DIGITAL STUDIO & VIDEO

COCHIN DEVASWOM BUILDING
ROUND NORTH, THRISSUR-1

vijayphotostsr@gmail.com, anil_vijayan@rediffmail.com
Ph: 0487-2331424, 0480-2892132, 9447131424, 9495931424



ATMA Foundation

Regd Charitable Trust No: 397/IV/06

NITI Aayog Regn No: KL/2009/0007103

Regd office:

No 1 Vrindavan Colony, Pushpagiri,
Punkunnam, Thrissur – 680002, Kerala

Admin Office:

Surya Gardens, Paliyam Road,
Thrissur – 680001, Kerala

Website: www.atmafoundation.org

E mail: atmatrust@gmail.com

Ph: 0487-2325232, **Mobile:** 09400995232

Donations to ATMA Foundation are exempt u/s 80G of Income Tax Act

**ATMA Foundation has FCRA registration of the Ministry of Home Affairs,
Govt of India, and is eligible to accept foreign donations**



Rusk

കുറുപ്പുതോ
കഴിയൂ!



Milk, Sooji Elaichi &
Original Flavours

www.elitefoods.co.in

भारत सरकार का उपक्रम



Canara Bank

A Government of India Undertaking

Together We Can



We feel elated with Canara...!!

Canara
Home Loan &
Car Loan



Zero processing
charges till
31st January 2018
No hidden charges

Avail Housing Loan
from Canara Bank &
get subsidy upto
Rs. 2.67 Lakh
under PMAY*

Low and Attractive
Rate of Interest

Home Loan Repayment upto 360* Months
Car Loan Repayment upto 84* Months

*Conditions apply • Interest rate linked to MCLR

KINDLY UPDATE YOUR AADHAR NUMBER & MOBILE NUMBER TO YOUR BANK ACCOUNT BEFORE 31.12.2017

For more details, kindly visit our nearest branch or website: www.canarabank.com



Toll Free : 1800 425 0018

Save Trees. Save Water. Save Environment.

www.canarabank.com