

HARMONY

The Official Newsletter of ATMA Foundation

...Happy Living with Healthy Relationships...



Highlights

- Youth wellbeing
- Teacher mentoring
- Women's enterprise
- Elder wellbeing
- Health camp
- Community celebrations

This month, ATMA Foundation brought people together through learning, care, confidence-building, cultural connection and community celebration.



Founder's Message

Dear friends, Salutations!

Supporting hundreds of children through digital education, reaching young people with

mental health awareness in colleges, spending meaningful time with senior citizens through elders' get-togethers and yathras, empowering women through Shreya, and facilitating affordable healthcare through Ayush - ATMA is moving forward as a true family movement.

Celebrating as a family while functioning professionally has always been our vision, and it is heartening to see this vision growing stronger.

Our volunteers and employee volunteers deserve sincere appreciation for enabling this strategic growth with commitment, care, and teamwork.

I warmly invite more friends to join this movement of creating smiles in a happy and purposeful environment. Be with us as we continue this journey together.

Love,
C K Suresh

July at a Glance

A Month of Learning, Care, and Community

In July 2026, ATMA Foundation's work touched students, parents, teachers, women entrepreneurs, elders, volunteers and families.

Across classrooms, health spaces, training rooms, journeys and gatherings, the month carried one shared spirit: helping people feel supported, capable and connected.

HIGHLIGHTS:

- 1,050 parents and +1 students aligned for a positive academic start
- Youth wellbeing sessions across three campuses
- 33 teachers trained in holistic mentoring
- Women entrepreneurs supported through skill training and exhibition
- Elders engaged through self-care, travel and cultural learning
- Accessible health services offered through ATMA Ayush

Parents and Students Begin +1 with Clarity.

Sessions with Sri C. K. Suresh

Marking the first day of Plus One classes, Sri C. K. Suresh, Director, ATMA Foundation, conducted two impactful sessions at Vivekodayam Higher Secondary School, Thrissur, equipping students and parents for a confident start to the new academic phase. The parenting session, attended by 500 parents, focused on positive communication, reducing academic pressure, career guidance, and healthy stress management.

The student orientation, attended by 550 Plus One students, encouraged purposeful goal setting, effective time management, and confident preparation for examinations. Together, the sessions empowered 1,050 parents and students to embark on the Plus One journey with clarity, confidence, and a positive outlook.



STUDENT WELLBEING & LEADERSHIP WORKSHOP

From Problems to Possibilities



In July, ATMA Foundation as part of its EC Youth initiative, conducted "Problems to Possibilities" sessions at Sree Kerala Varma College (130 students), MET's School of Engineering (120 students), and Holy Grace Academy of Engineering (150 students), reaching a total of 400 students. Led by Sri C. K. Suresh, Director, ATMA Foundation, the sessions focused on mental wellbeing, stress management and healthy coping practices. By encouraging students to view challenges as opportunities for growth, the sessions equipped them with practical tools to build resilience, maintain emotional balance and navigate academic and personal challenges with greater confidence.



400

STUDENTS



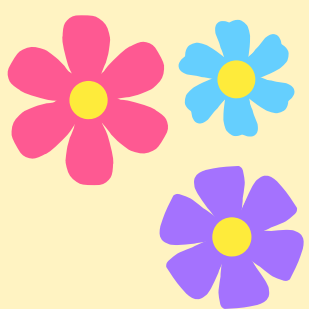
Beyond Teaching, Towards Mentoring

EC Initiative

A full-day professional development workshop brought together 33 teachers from schools across Thrissur at Namboodiri Vidyalayam, Kottappuram. Centred on the theme "Beyond Teaching: Mentoring Children for Life & Learning," the workshop encouraged educators to move beyond syllabus-focused teaching towards holistic mentoring.

Ms Sreedevi Haridas, LD Remediator & Counsellor, spoke on "Know the Child: Beyond Labels, Towards Learning". Dr Bindu M P, Associate Professor, Chinmaya Vishwa Vidyapeeth, led a session on "Reimagining the Classroom: Child-Centred Holistic Approaches". Dr Ajith K J, Ayurveda Physician, ATMA Ayush, spoke on "Healthy Teacher, Happy Classroom". Sri C. K. Suresh, Director, ATMA Foundation, inspired participants through a session on "The Teacher as Mentor: Shaping Lives Beyond the Classroom". Sri Hithesh P explored the scope of AI in teaching and its practical applications in education.

The workshop equipped teachers with practical strategies to build more inclusive, engaging and future-ready classrooms.



33

TEACHERS



Chinmaya Mission YEP Team Visits ATMA Gurukulam

Swami Anukoolanandaji, Acharya of Chinmaya Mission, along with the Youth Empowerment Programme (YEP) team, visited ATMA Gurukulam and interacted with the children.

ATMA Gurukulam



The visit was especially meaningful as Ms Reshma P P, one of Gurukulam's senior girls who recently joined the one-year YEP programme, organised the visit. Sri C K Suresh, Director, and Ms Parvathy G, Executive Director, ATMA Foundation, shared the journey of ATMA Foundation and highlighted its long-standing connection with Chinmaya Mission, making the interaction inspiring and enriching for the participants.

Digital Learning Reaches 547 Participants

ATMA DAFEC

ATMA DAFEC continued to strengthen digital literacy during July by conducting computer classes at five learning centres.

- GUP School, Arimpur – 262 learners
- GUP School, Olarikkara – 142 learners
- NVUP School, Kottappuram – 57 learners
- APNI Pathshala Learning Pod, SDS LP School, Velappaya – 54 learners
- APNI Pathshala Learning Pod, ATMA Foundation, Thrissur – 32 learners



55
computer classes

5
learning centres



547
learners reached

Skills That Open New Doors

ATMA Shreya

ATMA Shreya continued to empower women entrepreneurs through practical, confidence-building initiatives. A two-day soap-making entrepreneurship training enabled 6 women to explore new livelihood opportunities.

A DAFEC digital marketing workshop trained 7 women entrepreneurs in poster and logo design using Canva, enabling them to create professional promotional materials and confidently market their businesses.

From Training to Selling

The learning journey translated into real market exposure at the Teacher Development Programme held at Namboothiri Vidyalayam, Kottappuram, Thrissur, where 5 women entrepreneurs trained by ATMA Foundation exhibited and sold their products. The exhibition provided a valuable platform to connect directly with customers, showcase their enterprises, and increase their income—marking a proud step from learning to earning.



Celebrating Healthy and Graceful Ageing

ATMA Vayobandhu



ATMA Vayobandhu organised a one-day heritage and cultural visit to Cheruthuruthy with 18 participants. The group visited Uthralikavu, Akamala Temple, Kerala Kalamandalam, the Old Campus, Vallathol Museum, Padma Shri Ramachandra Pulavar's Tholpavakuthu Gallery, and Varikkasseri Mana.



The visit offered participants a first-hand experience of Kerala Kalamandalam, deeper insights into the traditional art form Tholpavakuthu and a day of exploration, learning, and cultural understanding.

Caring for the Self, Celebrating Life

ATMA Vayobandhu organised Healthy Ageing sessions for the Vayojana Clubs of Wards 8 and 9, Kolazhy Grama Panchayath, reaching 51 senior citizens (36 from Ward 8 and 15 from Ward 9). Led by Dr. Sangeetha N., the sessions encouraged participants to reflect on their life achievements while sharing practical insights on maintaining physical, mental, and emotional wellbeing. Shri Santhosh K, Member, Ward 8, Kolazhy Grama Panchayath, was the special guest at the Ward 8 session, reaffirming the community's commitment to healthy and dignified ageing. The sessions promoted active participation, meaningful connections, and a positive outlook on ageing.



Health Access at Kolazhi

ATMA Ayush

ATMA Ayush Health Center, Kolazhi conducted a free BMD and TSH medical camp, making essential health services more accessible to the community. The camp benefited 25 patients by providing free doctor



consultations, Bone Density and Thyroid tests and medicines at subsidised rates as well as discounts on other costly laboratory tests, particularly supporting people with joint pain who may otherwise avoid such investigations due to cost.

Building Awareness of Rights and Protection

ATMA SPC

ATMA SPC conducted two community awareness programmes at Avinissery Panchayat and A.L.P.S., Urakam, reaching a total of 69 participants, facilitated by Ms Kavya Surendran, Counsellor, ATMA Family Counselling Centre. The sessions focused on the services of the ATMA Service Providing Centre and Family Counselling Centre, the Domestic Violence Act, and the support mechanisms available for individuals and families. The session at A.L.P.S., Urakam was graced by the presence of Sri Karumana Prakashan (Secretary, Sanjeevani Samithi), Sri Vijayan Chennath (School In-charge), Smt Jini P V (Headmistress), and Smt Girija V S (In-charge, Shishu Vidyamandhiram), reflecting strong community collaboration.

6 women sought help at ATMA SPC and were provided the required support and guidance.

ATMA FCC & CADC

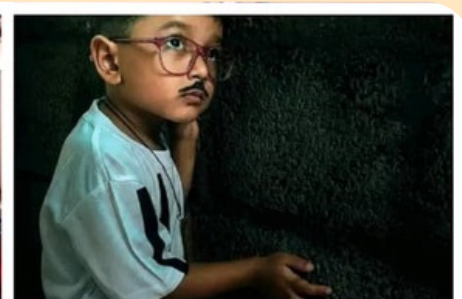
ATMA Family Counselling Centre assisted 7 individuals, while the Child and Adolescent Development Centre supported 4 children. 5 remedial teaching sessions were also conducted to provide personalised academic support to children.

ATMA RADC

In July, 3 students from ATMA RADC's academic partners, RV University, Bengaluru and Don Bosco College, Mannuthy, interned with ATMA Foundation, gaining practical exposure to community development.

Learning Beyond Classrooms at SDS LP School

Basheer Memorial Day inspired 54 students to explore literature through creative competitions, storytelling, and performances, while Moon Day ignited scientific curiosity with a live water-rocket demonstration, documentary screening, and quiz. The month also featured a heartwarming 1992–1996 alumni reunion, reconnecting former students and teachers and reinforcing the school's enduring legacy and community spirit.



ATMA Monthly Family Gettogether

ATMA family gathered at the ATMA Foundation Office, on 18th July with 30 members participating in the event.

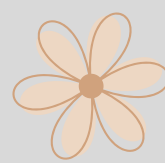
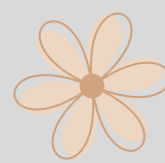
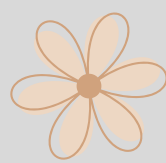


Ms Parvathy G, Executive Director, ATMA Foundation, was honoured as Volunteer of the Month for her exceptional hard work and dedication in ensuring that all compliance requirements were completed accurately and on time. She was also recognised for her timely interventions across every project, reflecting her consistent commitment to strengthening ATMA Foundation's work.

The gathering also celebrated the birthday of ATMA Foundation Director Shri C K Suresh and Saraswathy amma, ATMA Gurukulam House Mother. The meeting also included a discussion on the importance of Karkidaka Month.

Celebration Corner

ATMA Foundation celebrated the birthday of its Founder, Sri C K Suresh, at the ATMA Foundation Office with a cake-cutting ceremony and a traditional sadhya. This was an occasion to reignite the family feeling and the joy of togetherness among the employee and volunteer team of ATMA.



A Proud Meeting with the Hon'ble Governor

Ms. Anija A, resident of ATMA Gurukulam had the honour of meeting the Hon'ble Governor of Kerala, Sri Rajendra Vishwanath Arlekar—an inspiring milestone that broadened her horizons and strengthened her aspirations for the future. The interaction served as a powerful reminder that every child deserves opportunities to dream, grow and reach greater heights.



Healthy Living with ATMA

ATMA Foundation promotes holistic wellbeing through regular yoga programmes and traditional Ayurveda-based care. These initiatives support physical fitness, mental calm, preventive healthcare and healthy living for people of all age groups.

Explore ATMA Foundation’s ongoing yoga and Ayurveda wellness programmes.

Heal. Restore. Revitalise.

ATMA Ayush Health Centre
– Karkidaka Chikitsa

For registrations and enquiries:

ATMA Ayush Health Centre:
9497231098

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ATMA Ayush Health Center
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മലപ്പുറത്ത് അമ്പലത്തിനു സമീപം.
കോലാഴി, തൃശ്ശൂർ

आत्मनो मोक्षार्थं जगद्धिताय च
ATMA YOGAPEETHOM
An Initiative of ATMA FOUNDATION
HEAL YOUR BODY, CALM YOUR MIND, ELEVATE YOUR LIFE

NEW BATCH
STARTING FROM
3RD AUGUST

ATMA FOUNDATION

YOGA CLASSES

7:00 AM – 8:00 AM
5:00 PM – 6:00 PM

ATMA AYUSH HEALTH CENTRE

YOGA CLASSES

8:00 AM – 9:00 AM
6:00 PM – 7:00 PM

PERSONAL YOGA
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- ONLINE CLASSES
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All are Welcome!

MONTHLY CONTRIBUTION
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ATMA Foundation, Paliyam Road
8330010042

ATMA Ayush, Kolazhy
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Move. Breathe.
Rejuvenate.

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Yoga Classes

For registrations and enquiries:

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ATMA Foundation

Surya Gardens, Paliyam Road,
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