



HARMONY

The Official Newsletter of ATMA Foundation

...Happy Living with Healthy Relationships...



Celebrate 55+ : ATMA workshop on Graceful Ageing

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FOUNDER'S MESSAGE



Greetings to one and all!

This month, we were able to revive one of our flagship programs, "Celebrate 55+" the exclusive workshop for senior citizens.

ATMA volunteers' conclave and monthly family get together were held with good participation. Some new projects are also being discussed, and will be launched in August.

ATMA works as a team and that is the pillar on which the success of all our projects rests upon. We are forever grateful to all our volunteers, patrons and staff for their belief in the good work that ATMA strives to do. This is our strength and our motivation for a better tomorrow.

Love,

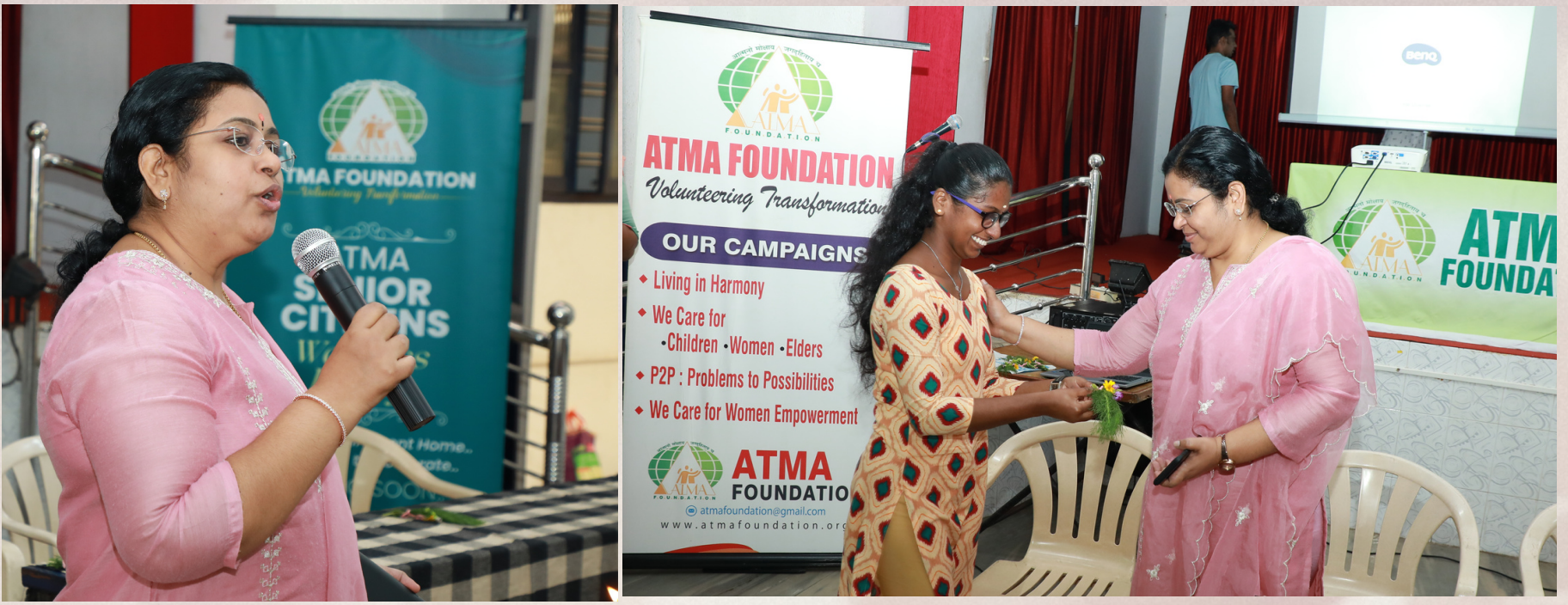
C.K. Suresh

CELEBRATE 55+

Team ATMA organised a half day workshop on Graceful Ageing titled “Celebrate 55+”. The workshop, attended by more than 80 participants, included interactive sessions on Physical Wellbeing, Emotional Wellbeing, Diet & Lifestyle, Living in Harmony and Financial Literacy. The faculty panel consisted of renowned experts like Dr. Taj Paul Panakkal (Deputy Director, Kerala Health Department) Dr. Deepa Deepak (Psychiatrist), Dr. Sreeja K Pillai (Ayurvedic Physiscian), Sri.C.K. Suresh (Director, ATMA Foundation) and Sri. Ramachandran V.K. (Coordinator, ATMA DAFEC).

Our Gurukulam children conducted a fun dance session where we witnessed an enthusiastic participation by the audience.





The final session of the programme was devoted to a presentation about ATMA Harmony Village, and a detailed discussion about the upcoming Senior Citizens' Wellness Living Project. The concept was very much appreciated by the audience, and they voiced their opinions and suggestions regarding the facilities that seniors would expect from such an initiative.

ATMA DAFEC

ATMA DAFEC conducted 4 classes this month, benefitting 52 people in rural areas.

The free Basic Computer Course for people of all age groups is continuing at the ATMA DAFEC stand-alone centre at Surya Gardens, Paliyam Road, Thrissur. Students aged 10 years to 60+ are a part of our present batch.

Certificates were distributed to 8 students who had successfully completed the first batch.



ATMA UYARE.

A total of 81 classes have been completed by the teachers of ATMA Uyare in July. Team Uyare has started an Online Communicative English Programme on weekends for eager college students. Ms. Kalyani Balakrishna, Academic Director, Paramekkavu Vidyamandir is leading the classes.

ATMA GURUKULAM

Our student Reshma, who is pursuing her Post Graduation in Malayalam has achieved excellent score in her second semester exams. Mrs. Bindu, District Child Protection Officer, attended our monthly meeting at ATMA Gurukulam. We were blessed to have Swami Chidrupananda, Acharya, Chinmaya Mission, Noida, visit our Gurukulam and spend some quality time with the children.

ATMA YOGAPEETHOM

Yoga classes are being regularly conducted in both our Thrissur and Palakkal centers.



ATMA RAILWAY CHILD HELP DESK

A total of 17 cases were reported this month at our Railway Help Desk .The Monthly Child Help Group meeting and the Railway Child Help Desk Monthly Meeting were held as per schedule. An interactive session was held for the teachers of GHSS, Manalur.



On 31st July, the Railway Child Help Desk at Thrissur Railway Station was formally handed over to the District Child Protection Unit. This comes as part of the Government initiative to integrate all Childline services with the Government systems. The RCHD Thrissur will no longer be an ATMA Foundation project.

ATMA KALAKSHETRAM

Regular dance and music classes are in full swing at our Thrissur, Palakkal and Kolazhi centers.

ATMA SERVICE PROVIDING CENTRE

Classes on Domestic Violence Act were conducted by Adv. Gayathri T D at various panchayats.



ATMA VOLUNTEERS' CONCLAVE

The ATMA volunteers' conclave was held on 8th July, at the ATMA Yoga Hall, with participation of 40 plus volunteers. Ms Parvathy G led the session on Local Fund Raising, to mobilise resources for our upcoming major project ATMA Harmony Village, and also for our regular running projects.

**Coming
Soon!**

**...a new initiative
from ATMA Foundation**

ATMA Vayobandhu

A Helpline for Senior Citizens

We have begun a field study to identify the needs of Senior Citizens and ways to lend them a helping hand. The project will be designed accordingly and launched shortly.

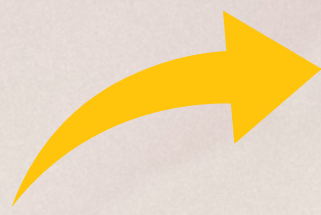


Volunteer with us!

**Help us serve Elders
by making their lives easier!**



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