



**JULY 2023
MONTHLY
NEWSLETTER
OF ASHA NIKETAN ASANSOL**

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In our community, the Core members and Assistants have been thriving in good health. In our Residential Unit, 9 male Core Members with multiple disabilities live like a family. We focus on various aspects like life skills, self-advocacy, responsibility, household chores, motor skills, well-being, socialization, literacy, arts, morality, spirituality, and health.

Together, we build a meaningful and fulfilling life.

Prayer Life

Asha Niketan's interreligious prayers unite people from different faiths and, in all our spiritual activities, each member's traditional belief is honored. We focus on the common humanitarian/spiritual values like love, peace and compassion. With these common values in the heart, the members find it easier to understand, respect and interact with each other.



At Asha Niketan, we aim at living all these values together in our residential life. We focus on supporting, caring for, and developing essential parts of life. This includes everyday skills, self-advocacy, responsibility, household tasks, leisure, physical and sensory abilities, emotional well-being, social interactions, literacy, arts, morality, spirituality, health, and staying active. Our goal is to attain a holistic and fulfilling experience in life.





Our Day program begins every Monday to Friday at 9:00 am with Singing of the National Anthem by the members.



Before commencing the individual and group activities each day, the Day-Care team engages in a brief walking exercise.

"Riko and Barna are each doing individual activities."



Different activities at the Daycare



Our Stall at an exhibition organized by Asansol Club received a great response.

candle are being made at workshop



A handicraft workshop is a creative space where individual members gather to learn and create various forms of handicrafts. Asha Niketan Asansol's workshop provides a hands-on experience, allowing participants to explore their artistic abilities and engage in traditional craftsmanship. Handicraft workshop not only offer a chance to acquire practical skills but also foster a sense of community and creativity. Asha Niketan Asansol provides a platform for the core members to come together, exchange ideas and realize the value of craftsmanship



In addition to crafting doormats himself, Dipu also provides training to others in the art of doormat making.





Garden work offers a range of benefits for individuals with intellectual disabilities, including sensory stimulation, physical activity, skill development, a sense of accomplishment, social interaction, and improved mental well-being. It is a valuable and empowering activity that promotes inclusion, enhances quality of life, and fosters a deep connection with nature.



Drumstick trees are being planted in the Garden

Raju is one of our day scholars core members who loves working in garden and especially cleaning the garden.



various activities at garden



Our Core Members and Assistants performed a dance program at celebration of the 5th anniversary of Mission Udaan Welfare Foundation.



Friends and donors joined us to celebrate their birthdays and spent time together

We aspire to become an example for others to come forward and join with us to fulfil our mission and do their parts to serve the humanitarian cause of uplifting the lot of the persons with disabilities who are often rejected, marginalized, and disadvantaged by the society.

You can give your helping hand to support our humanitarian work by donating cash, Kind and also celebrating your special days with us by providing meals. The visitors are told in how many ways they can help.

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Thank you