

JANUARY 2025

MONTHLY NEWSLETTER

Official Newsletter of FMR India

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Asha Niketan communities across India joyfully embraced 2025 with celebrations, community building, and impactful outreach. From Bangalore's art therapy and L'Arche formations to Chennai's Pongal and outings, each community thrived. Kolkata focused on skill development and inclusion, while Nandibazar enjoyed beach celebrations and welcomed international visitors. Asansol celebrated Republic Day and honored Swami Vivekananda. We are grateful for the support of donors, volunteers, and partners as we continue empowering individuals with intellectual disabilities.

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Subin Varghese

COMMUNICATIONS COORDINATOR
FMR INDIA



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Happy New Year! Let's celebrate our core members' achievements and caregivers' dedication. Their compassion empowers individuals to thrive. This year, let's break barriers, champion unique talents, and build a more inclusive society. Akash, a young man with Down syndrome, exemplifies this. With support, he opened a successful bakery, demonstrating the entrepreneurial spirit of people with disabilities. Let's continue creating opportunities for them to achieve their dreams.

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Dr Premanand M E

NATIONAL PRESIDENT
FMR INDIA



From the desk of the President, FMR INDIA

BY DR PREMANAND M E

As we embark on a new year, let us reflect on the remarkable achievements of our core members and the unwavering dedication of our caregivers. Your compassion and commitment to fostering an inclusive and empowering environment have enabled our core members to flourish and reach their full potential.

In the spirit of the new year, let us resolve to continue breaking down barriers and creating a world where everyone, regardless of ability, can thrive. Let us celebrate the unique talents and contributions of our core members and work together to build a more inclusive and equitable society.

I am reminded of the story of Akash, a young man who has Down syndrome. He dreamed of starting his own business. With the support of his family and community, he opened a small bakery, specializing in delicious homemade cookies. Akash's warm smile and friendly demeanor quickly won over customers, and his bakery became a beloved neighbourhood spot.

Akash's story is a testament to the entrepreneurial spirit and determination of people with disabilities. It highlights the importance of creating opportunities for them to pursue their passions and contribute to society in meaningful ways. Let us continue to champion the abilities of people with disabilities and work towards a world where they can achieve their dreams.

Warm regards



Dr Premanand M E
National President
FMR India.



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I am deeply grateful for the year that has passed—a year filled with learning and experiences. It brought moments of both joy and sorrow, and our communities have embraced all that life has to offer. My heartfelt gratitude goes out to every member of our communities—Core Members, Staff, Community Leaders, Board Members, Friends, Donors, Families, and Well-Wishers—for their invaluable contributions in making life meaningful and upholding our mission. As we step into the new year, I pray and hope for a bright and promising journey ahead. Wishing everyone a very Happy and Prosperous New Year!

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Bharathi Gopalakrishnan

NATIONAL LEADER,
FMR INDIA



The year has begun on a promising note with the successful commencement of the governing body meeting. The meeting was productive, resulting in the approval of the 2025-26 budget and the honorarium revision. It is always a pleasure to come together, address organizational challenges, find solutions, and acknowledge the commendable work being done.



The National Assembly was an exciting gathering, bringing together delegates from various communities within the federation. The event featured insightful discussions on formation—"My Inner Guide"—along with reports on fundraising, communications, formation, and cultural exchanges.



Our Charter Our Map – The formation session centered on integrating the charter into our daily lives. Facilitated by John Sargent and Maria Kearney, the session actively engaged participants in various activities, emphasizing the core values of L'Arche and the unique gifts each individual contributes to fostering a vibrant community.



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Asha Niketan Asansol joyfully welcomed 2025 with prayers and celebrations, embracing new beginnings and shared growth. We were blessed by visits from Indian Oil Corporation and the Lakshmi Charitable Trust, who supported our members' talents. Swami Vivekananda's birthday was honored with a special program, and Republic Day was celebrated with patriotic fervor. Our participation in St. Vincent's "Just Fete" and their alumni's recognition of our assistants highlighted our commitment to inclusion.

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Sibhasish Mondal

COMMUNITY LEADER,
ASHA NIKETAN ASANSOL



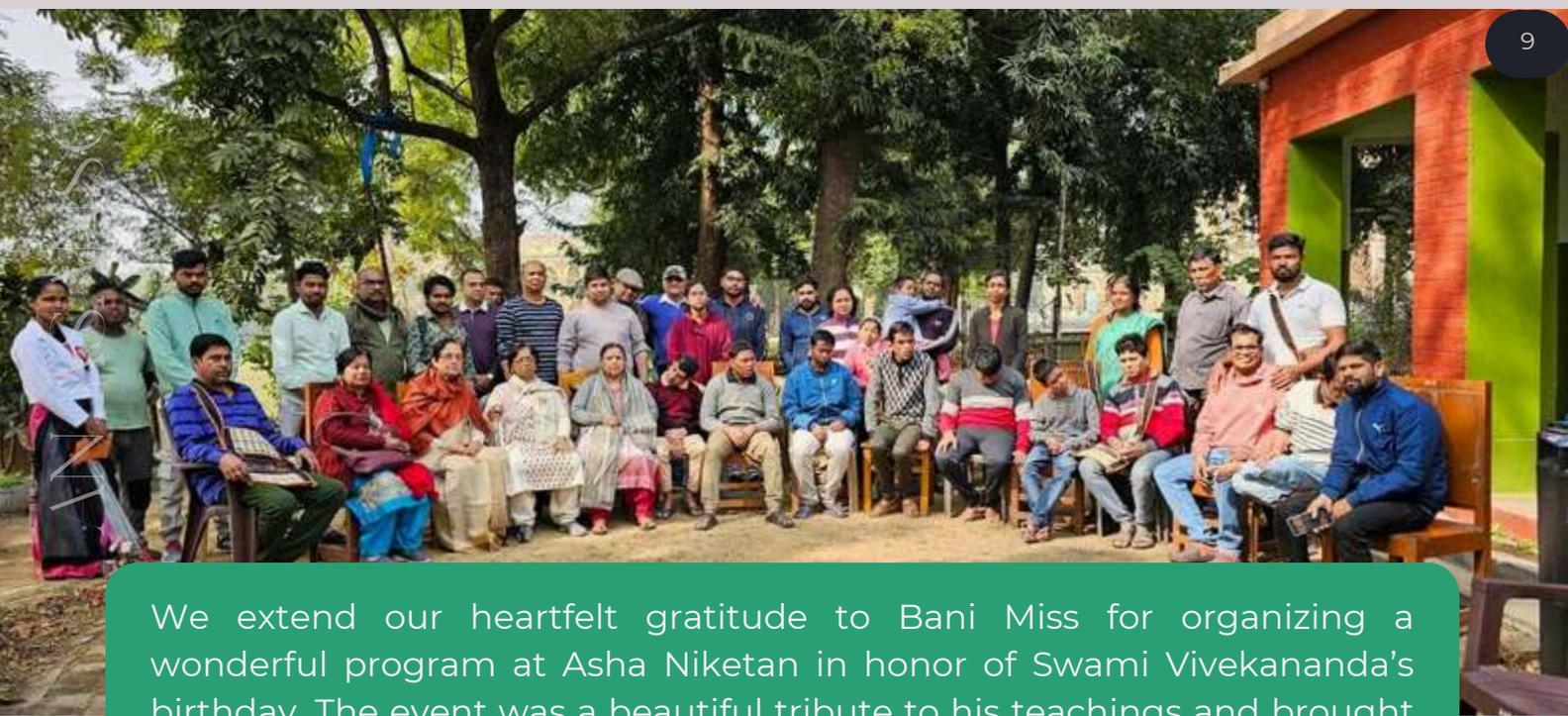
Asha Niketan welcomed the New Year 2025 with a special prayer, offering gratitude and blessings for the year ahead. The celebration continued with homemade snacks, shared with joy and togetherness. This celebration reminded us that every new beginning is an opportunity to grow, support one another, and continue unveiling the gifts within each person. It was a beautiful start to the year, filled with hope, unity, and love



Indian Oil Corporation Ltd., Asansol branch, visited Asha Niketan Community with thoughtful gifts and spent quality time with our members. Their presence brought joy and warmth, making the day even more special. We deeply appreciate their kindness and support in spreading happiness and inclusion

We extend our heartfelt thanks to Lakshmi Charitable Trust for inviting us to inaugurate the fair and stall, providing a wonderful opportunity to showcase and sell our members' handmade products.





We extend our heartfelt gratitude to Bani Miss for organizing a wonderful program at Asha Niketan in honor of Swami Vivekananda's birthday. The event was a beautiful tribute to his teachings and brought immense joy to everyone present.

A special appreciation goes to St. Vincent's Asansol Alumni Association for their support and involvement. We are also deeply grateful to them for recognizing and felicitating our Assistants, acknowledging their invaluable contributions to our community.



We proudly celebrated Republic Day at our community with great enthusiasm and spirit. The event was filled with joy, patriotism, and a shared commitment to unity and inclusion.

We were honored to be invited by St. Vincent's School to participate in their "Just Fete" on 31st January 2025, organized by their Social Justice Wing. It was a wonderful celebration promoting equality and inclusivity. We enjoyed performing a dance and playing games, making it a truly memorable experience.



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Asha Niketan Bangalore welcomed 2025 with the Aduodi and Koramangala traffic police. We explored emotions and well-being through Brother Mani's art therapy, with participation from all five communities. Srinivas, a core member, and the Community Leader joined the "Our Charter, Our Map" formation, inspiring Srinivas to share his learnings. We also enjoyed visits from the wider L'Arche family. Sadly, we mourned the passing of core member, Mr. Gopal.

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Lilly Rose

COMMUNITY LEADER,
ASHA NIKETAN BANGALORE



2025

The Adugodi and Koramangala traffic police joined us to celebrate New Year 2025.



Brother Mani guided us through "Art Therapy," helping us explore emotions, enhance mental well-being, and develop self-awareness. The experience has been incredibly beneficial, especially in reducing stress, improving problem-solving skills, and promoting emotional healing. Core members, Assistants and community leaders from all 5 communities participated in the program.





Mr. John and Mrs. Maria led the "Our Charter, Our Map" formation for the L'Arche family. From the Bangalore community, Srinivas, one of our core members, and the Community Leader participated. The experience had a profound impact on both of us.

Srinivas was so thrilled that he eagerly shared his learnings with all our core members. He had the chance to meet new core members and thoroughly enjoyed the formation sessions, fully engaging in the activities while expressing his emotions and thoughts through various art forms.

By the end of the meeting, we left feeling happy, refreshed, and deeply grateful for the opportunity to connect with ourselves and the L'Arche family. It was a transformative experience that we will carry forward, sharing insights about the Charter and Map with others.

L'Arche family visiting Asha Niketan Bangalore



Mr. Gopal one of our beloved core members passed away on 24th Jan'25.



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Asha Niketan Chennai joyfully welcomed 2025 with celebrations, a sponsored outing, and a heartwarming Pongal festival. We bid farewell to interns Alex and Thomson, and assistant Sutrishna, with gratitude. Our stall at Gurukul Campus and Republic Day flag hoisting by Peter D’cruz were highlights. We thank Sri Ganapathi Sachidananda Trust for their wheelchair donation and Pearl Ma’am's family for their generous invitation.

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Lozilo Kikon

COMMUNITY LEADER,
ASHA NIKETAN CHENNAI



A joyous start to the year as the community came together to celebrate the arrival of 2025.



A fun-filled outing sponsored by the family of Mr Ramesh, one of our founding members. We had a delightful time bonding over delicious meals.



A heartwarming Pongal festival celebrated with enthusiasm and togetherness by all members of the community.



On January 18, we bid a heartfelt farewell to our interns, Mr Alex and Mr. Thomson, thanking them for their invaluable support and contributions.

On January 25, we bid farewell to Sutrishna, our assistant, expressing our gratitude for her time and service with us.



A blessed moment as we had the privilege to set up a stall at the Ziegenbalg Auditorium at Gurukul Campus. Our sincere thanks to the Principal and Mr Aravind the events team for this wonderful opportunity.

A meaningful Republic Day celebration, with the flag hoisted by one of our oldest core members Peter D'cruz, marking the importance of unity and nationhood.



We extend our heartfelt gratitude to Sri Ganapathi Sachidananda Trust for their generosity in organizing the Wheelchair Distribution on January 1st. We sincerely thank them for remembering Asha Niketan Chennai and supporting our community.

A Joyful Gathering :

Our heartfelt thanks to Pearl Mam's Family for graciously inviting the entire Asha Niketan Chennai community. Everyone had a wonderful time, enjoying moments of fun and joy together. We deeply appreciate her kindness and hospitality.



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Asha Niketan Kolkata began 2025 celebrating Republic Day and community birthdays. We reaffirmed our commitment to growth and inclusion, focusing on skill development. Smritikana and Amlan participated in the L'Arche formation. We joined Heartfulness's blood donation initiative and Dhyan Ashram's anniversary. Though we bid farewell to Ellanoir, we cherish the connections made. Outings, celebrations, and school visits enriched our community and promoted inclusion.

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Smritikana Mondal

COMMUNITY LEADER,
ASHA NIKETAN KOLKATA





January marks a fresh start, honoring leaders like Netaji Subhas Chandra Bose and celebrating India's Republic Day. Community birthdays and the Outreach Section picnic foster unity and joy. This year, we're committed to growth, inclusion, and well-being, focusing on skill development and opportunities for individuals with intellectual disabilities. Through learning and advocacy, we strive for a year of hope and progress.

We were fortunate to have participated in Larche International formation "Our Charter Our Map" Community Leader Smritikana & Workshop core member Amlan joined on behalf of ANK held in Bangalore. The formation took us on a profound journey of introspection, reflection, and shared learning, reinforcing our commitment to the values and mission of L'Arche.



We took part in an exhibition organized by Charitable Trust 'Heartfulness' to promote blood donation & create social awareness.





We are invited by Dhyan Ashram for their 50th foundation day celebration. Our enthusiastic participation rejuvenated old ties.



In our vibrant community, each warm welcome and emotional farewell deepens our bonds of love and togetherness. These moments remind us that every beginning and ending enriches our shared journey and forges lasting friendships.

Bidding farewell to our cherished friend Ellanoir di is always tough- we earnestly wait for her visit next year.



Annual outings significantly contribute to the psychological and emotional well-being of children with severe intellectual disabilities. These experiences facilitate meaningful social interactions, raise awareness of their unique needs and aspirations, and promote their integration as valued members of society. Through collective effort, we can advance a more inclusive and compassionate community.





Celebrations are a vibrant expression of inclusion, joy, and shared humanity. They foster belonging, self-worth, and connection, offering individuals with intellectual disabilities a space for self-expression and cultural engagement. Beyond festivities, these moments break barriers, reinforce dignity, and ensure that every member feels valued as an integral part of society.



Interactive visits by the teachers and students of IEM COLLEGE & INNERWHEEL created a meaningful and enriching experience for us. These engagements not only fostered joyful interactions but also raised social awareness about the needs, aspirations, and potential of individuals who are differently abled. Such visits play a crucial role in building empathy, promoting inclusion, and strengthening community support for a more compassionate society.

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Asha Niketan Nandibazar celebrated 2025 with joy at Thikkody Beach. Bharatiya Vidya Bhavan Koyilandy Kendra placed a donation box for the community. Leaders participated in art and L'Arche formations. An interactive session with Holy Cross College and a sports event engaged core members. We welcomed visitors from Sydney and held exhibitions at the Commerce Institute and IBS Academy. Bank of Baroda donated a water purifier, enhancing well-being.

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Jyothy Susan Joseph

COMMUNITY LEADER,
ASHA NIKETAN NANDIBAZAR





Thikkody Beach was filled with joy and excitement as the community celebrated the New Year with a special gathering. The event brought together core members, staff, and local residents, creating a heartwarming atmosphere of inclusivity and togetherness.

The celebration featured a grand cake-cutting ceremony, where everyone joined in to welcome the New Year with smiles and cheers. Various fun-filled games were also organized for the core members, adding to the excitement and making the day even more memorable.

Bharatiya Vidya Bhavan Koyilandy Kendra Installs 'Charity Coffe' to Support our Community

In a remarkable gesture of generosity and social service, Bharatiya Vidya Bhavan Koyilandy Kendra has placed a donation box named 'Charity Coffe' within their school premises for our community.

This initiative aims to encourage students, staff, and well-wishers to contribute towards meaningful causes, making a positive difference in life of our core members.



'My Inner Shield' - Formation

A significant step towards personal growth and emotional well-being, the community leader and assistant Lakshmi participated in an art therapy formation titled 'My Inner Shield', organized by FMR India in Bangalore. The session was led by Br. Mani, who guided participants through the transformative process of self-expression and healing through art.

L'Arche Formation on Charter

The L'Arche Formation on Our Charter, held in Bangalore from January 12-18, 2025, successfully united community representatives across the federation. Led by John Sargent and Maria Kearney, the formation deepened understanding of L'Arche's values, mission, and vision. Participants, including Jyothy Susan Joseph, Athira V Mohan, and translator Juliette Maitrejean, engaged in meaningful conversations and reflections. The week-long event fostered connection and strengthened commitment to building inclusive communities, leaving participants feeling enriched and equipped to apply L'Arche principles within their own communities.



Community Engages with Students at Holy Cross College, MSW Department

On January 21, 2025, the community engaged with Holy Cross College's MSW Department in an interactive session. Led by Community Leader Jyothy Susan Joseph, with contributions from Boban Kannoth and Juliette Maitrejean, the session highlighted the community's mission and activities. Core members performed, sharing joy and unity through their talents. An exhibition of handcrafted items and creative works further showcased the members' dedication. The event provided students with valuable insights into the community.



Community Hosts Sports Event at Thikkody Beach

A lively sports event at Thikkody Beach on January 24, 2025, brought together core members, parents, and staff for fun and healthy competition. The event featured various activities, including a 100m race and sack jumping, promoting physical activity, cooperation, and enjoyment. Participants engaged spiritedly, creating an atmosphere of camaraderie and joy.





Community Welcomes Krishnee Nair, Community Leader from Sydney, Australia

The community had the privilege of being visited by Krishnee Nair, Community Leader from Sydney, Australia, and her husband Mr. Eugin, along with International Delegate, Mr. Rajeevan C C on 28th January. Their visit was a moment of great significance, as it provided an opportunity for the community to connect with international leaders and share experiences.

Community Organizes Exhibition and Interactive Sessions at Commerce Institute, Koyilandy



On January 28, 2025, the community held an exhibition and interactive sessions at the Commerce Institute, Koyilandy. Students and staff learned about the community's mission and activities. The exhibition showcased core members' creative works and crafts, highlighting their talents. Interactive sessions fostered dialogue and raised awareness about inclusion and support for individuals with intellectual disabilities.



IBS Academy Students and Teachers Visit the Community

On January 29th, IBS Academy, Koyilandy students and teachers visited the community, enjoying fun games, activities, and performances with core members. The visit fostered meaningful interactions in a joyful environment. Games and creative activities allowed bonding and laughter. Core members' performances showcased their talents, earning applause. Visitors admired the community's inclusivity and warmth.



Bank of Baroda Koyilandy Branch Donates Water Purifier to the Community

On January 31, 2025, Bank of Baroda, Koyilandy Branch Manager Sarath, staff member Sajith, and Chairman O.K. Premanandan visited the community. The bank generously donated a water purifier, enhancing the members' well-being. The community warmly received the donation, expressing gratitude for the thoughtful contribution. The purifier will ensure access to clean and safe drinking water, improving everyone's quality of life.

Thank you!



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