

JULY 2025

MONTHLY NEWSLETTER

Official Newsletter of FMR India

This issue:

Communications Coordinator

PAGE 02

From the desk of the President

PAGE 03

FMR India

PAGE 06

Asha Niketan Asansol

PAGE 09

Asha Niketan Bangalore

PAGE 13

Asha Niketan Chennai

PAGE 16

Asha Niketan Kolkata

PAGE 12

Asha Niketan Nandibazar

PAGE 26

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Greetings from the national desk!
July was a month of joy, growth, and togetherness across our Asha Niketan communities. From heartfelt donations and partnerships to refreshing outings, skill-building, and new beginnings, each home blossomed with life. We welcomed new friends, celebrated special moments, and honored memories, while planting seeds—both in our gardens and in our hearts—that remind us of the strength of community and the beauty of belonging.

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Subin Varghese

COMMUNICATIONS COORDINATOR
FMR INDIA



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As the monsoon graces our land, from the gentle showers in Bengaluru to the downpours in Kerala, it brings a powerful message of renewal. 🌧️ This season is a beautiful reminder that while challenges, like storms, may come, they always pass, leaving us refreshed and ready for new growth. Inspired by the rain, let's embrace this time to wash away any weariness and pour our energy into cultivating a community where every member feels deeply valued, connected, and nurtured.

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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

My Dear Asha Niketan Family,

As the monsoon rains grace our land, they bring with them a message of renewal, sustenance, and life. Across our communities, from the gentle showers in Bengaluru to the powerful downpours in Kerala, this season transforms the world around us, washing away the dust and nurturing the earth.

July is also a time for us to pause and reflect on our journey. The monsoon teaches us valuable lessons. It reminds us that while storms may come—and our life together certainly has its challenges—they also pass, leaving behind a world that is refreshed and ready for new growth.

Let this season of renewal inspire us to wash away any weariness and to pour our energy into cultivating a community where everyone feels valued and connected.

Warm regards



Dr Premanand M E
National President
FMR India.



An Inspirational Story: Rohan's Watchful Eye

BY DR PREMANAND M E



In one of our communities, the monsoon season is an event of both awe and apprehension. During one particularly fierce evening of rain, a sense of urgency filled the main home. Water had begun to seep into the activity room, and assistants and caregivers were busy, placing buckets and towels to close the leaks.

Amidst the quiet chaos, Rohan (name changed), a core member who often communicates more with his eyes than his words, sat calmly by a window. He watched the flurry of activity, his gaze occasionally shifting to the world outside. A care-giver, rushing past him, noticed his intense focus and stopped to check whether everything was alright.

Rohan simply raised his hand and pointed insistently towards a corner of the building outside. Curious, the care-giver grabbed an umbrella and went to investigate. He found that a drainpipe, hidden behind a large bougainvillea bush, was completely choked with leaves and debris. The rainwater, with nowhere to go, was overflowing and seeping directly through the wall. It was a problem no one else had noticed.

Once the drainpipe was cleared, the flow of water into the room stopped almost immediately. Rohan's quiet observation had saved the room from serious damage. Back inside, the assistant gave Rohan a grateful pat on the shoulder. A rare, wide smile spread across Rohan's face.

Rohan's story is a beautiful testament to the fact that every member of our community has a unique gift. It is not always the loudest voice or the busiest hands that make the biggest difference. Sometimes, it is the watchful eye, the quiet observer, who sees what others miss. It reminds us to value every perspective and to trust that in our life together, everyone has a vital role to play in protecting our shared home.

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Dear Asha Niketan Family,
The past weeks have been truly inspiring, marked by powerful collaborations. We were honoured to host France Volontaires, strengthening our global partnerships. We also gained profound insights from disability sector leaders at the Manthan Programme. These encounters reaffirm our shared mission: to build a world where every ability is celebrated and every individual is empowered to live with dignity. Let's continue this vital journey together with renewed vigour and purpose.

”

Bharathi Gopalakrishnan

NATIONAL LEADER,
FMR INDIA



It was a wonderful opportunity to welcome Mr. Yann Delaunay, Director General of France Volontaires, to Asha Niketan. The conversations explored interesting possibilities to facilitate meaningful exchanges and to strengthen volunteering opportunities for French volunteers. The discussions also included enriching interactions with Dr. Premanand, President of FMR; Mr. Yasar Ahmad, Country Representative of France Volontaires India; Mr. Aden Raj, Chairman of Asha Niketan Chennai; and Ms. Krishma Rai, In-Charge of Communication and Partnerships at France Volontaires.

Their meeting with the current French volunteers, Maelle and Felix, centered around their experiences and the challenges of volunteering in a country so different from their own. The community warmly welcomed the dignitaries in a traditional manner reflecting local culture and also performed a dance, a cherished expression of pride and joy.



What an honor and inspiration!!!

We had the privilege of meeting stalwarts of the disability sector, Ms. Alina Alam founder of MITTI Cafe and Ms. Shanti Raghavan founder of EnAble India, at the Manthan Programme organized by Enable India. The discussions focused on neurodiversity and employment opportunities across all sectors a cause close to our hearts at FMR India Asha Niketan.

Their insights reinforced our belief that inclusivity is not just a goal but a necessity. At Asha Niketan, we are committed to empowering individuals with neurodiversity, helping them excel and live independently with dignity.

Grateful for platforms like these that foster collaboration and drive meaningful change. Let us continue working together to create a world where every ability is celebrated.



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Welcome to the latest edition of our national newsletter! We are thrilled to be celebrating our 18th Foundation Day and the beginning of our 19th year. Our journey is made possible by the kindness of many, including Lions Club Asansol City, who provided a medical camp, and Asansol Pragati Social Welfare Organization, who donated two wheelchairs. We also extend our gratitude to our generous donors who sponsored meals and personal care items.

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Sibhasish Mondal

COMMUNITY LEADER,
ASHA NIKETAN ASANSOL



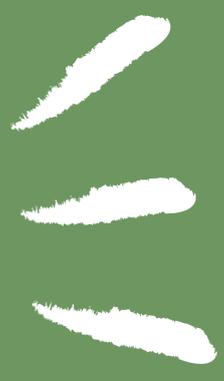


Celebrating 18 Glorious Years!

We joyfully celebrated the 18th Foundation Day of Asha Niketan Asansol — a journey built on love, trust, friendship, and shared life.

As we step into our 19th year, we thank everyone who has walked with us.

Let the spirit of hope and togetherness continue to grow!





A medical camp was conducted by Lions Club Asansol City on 22nd July.

They offered eye check-ups and conducted blood tests as prescribed by the attending doctor.

We are grateful for their support and care



We were delighted to present a dance performance at the 8th Poetry Festival organized by Pathshala Sanskriti Charcha.

A heartfelt thank you to Mr. Sudipta Roy for the opportunity and support.

What an exciting and joyous moment for all !!!

We extend our heartfelt thanks to Asansol Pragati Social Welfare Organization for donating two wheelchairs to Asha Niketan.

These will greatly support both our Residential and Outreach members in their daily mobility and comfort.

Your kindness truly makes a difference.



We are deeply grateful to our friends and donors who chose to celebrate their special days with us.

Thank you for your generous support in sponsoring meals and personal care items for our community.

Your presence and kindness mean so much to us

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This month has been one of joy and connection for the Asha Niketan Bangalore community. We shared laughter and beautiful memories on a refreshing trip to Mysore, and celebrated togetherness with a special visit from the team at Odyssey. We also warmly welcomed John to our day program, and had a wonderful exchange of friendship and understanding with students from Parikrma Center for Learning School.

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Lilly Rose

COMMUNITY LEADER,
ASHA NIKETAN BANGALORE



This month, our community had a joyful and refreshing trip to Mysore. Everyone was excited as we set off together, and the journey itself was filled with laughter, songs, and beautiful views. We visited some of the city's most well-known places, shared delicious meals, and most importantly, made memories as a community. It was a special time of bonding, fun, and relaxation — a reminder of the joy we find in simply being together.

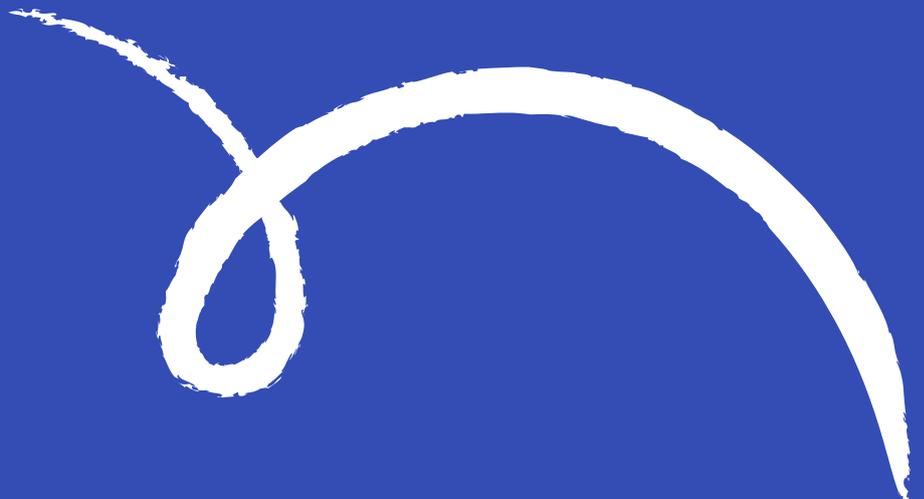


We had the joy of welcoming Odyssey, a corporate company to our community to celebrate their 20th anniversary. It was a heartwarming day filled with smiles, connection, and celebration. The team spent time interacting with our members, sharing stories, and joining in community activities. We are grateful they chose to celebrate such a special milestone with us, and we wish them continued success and joy in the years ahead.

We are happy to welcome John to the Asha Niketan Bangalore family. John has settled in well and is already becoming a part of the daily rhythm of community life. His gentle presence and openness are a gift to us all, and we look forward to sharing many meaningful moments with him in the days to come.



Parikrma center for Learning School visited our community. We were delighted to welcome a group of school students to Asha Niketan Bangalore this month. Their visit was filled with curiosity, joy, and meaningful interaction. The students spent time with our core members, learning about our community life and sharing moments through songs, games, and conversations. It was a beautiful exchange of understanding and friendship, and we look forward to more such visits in the future.



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This month at Asha Niketan Chennai, we were honored to host representatives from France Voluntaries, strengthening our partnership. We also welcomed new members, including the Sathya Nilayam Brothers and our new Day Assistant, Mrs. Lalitha. Our community enjoyed a refreshing outing, a formation class on Excel skills, and a joyful birthday celebration. We also extended our reach through a new Outreach Program.

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Sagayamary

COMMUNITY LEADER,
ASHA NIKETAN CHENNAI



A Warm Welcome to France Voluntarys Representatives
 We were honored to warmly welcome Mr. Yann Deslaunay, Director General, France Voluntarys; Mr. Yasar Ahmad, Indian Representative of France Voluntarys; and Ms. Krishma Rai, In-Charge of Communication and Partnerships at France Voluntarys.

Their visit was a moment of joy and pride for all of us. It truly felt like a family reunion, filled with positive energy, meaningful conversations, and a shared commitment to volunteering and global cooperation.

We look forward to continuing our partnership and working together to make a lasting impact!



Welcome to the Sathya Nilayam Brothers!

We are delighted to welcome the Sathya Nilayam Brothers as they begin their one-year field work with us on Saturdays. Their presence is a great joy to us, and we are confident that their involvement will bring valuable support and blessings to our mission.

We truly believe we will receive meaningful help and spiritual encouragement from their service. Our Core Members also share in this joy and warmly join in welcoming them.

Let us continue to grow together in faith and fellowship as we support one another on this journey.

Welcoming Mrs. Lalitha to Our Community

We are delighted to welcome Mrs. Lalitha as the newest member of our Community in the role of Day Assistant.

Mrs. Lalitha brings with her a background in Special Education, and we are excited about the knowledge, compassion, and expertise she adds to our community. Her experience will be a great asset, and we look forward to the many positive contributions she will bring to our work.

Please join us in giving her a warm and heartfelt welcome!



Centre-Wise Outing: A Day of Joy and Refreshment

We are happy to share that we organized a centre-wise outing, and it was a truly refreshing experience for everyone involved.

The outing gave us a wonderful opportunity to refresh our minds and hearts, step away from our daily routines, and simply enjoy each other's company.

It was especially heartwarming to see our core members fully engaged and joyful. These moments of togetherness strengthen our bonds and remind us of the joy of community.



We were pleased to welcome students from VHS who visited us as part of their learning experience.

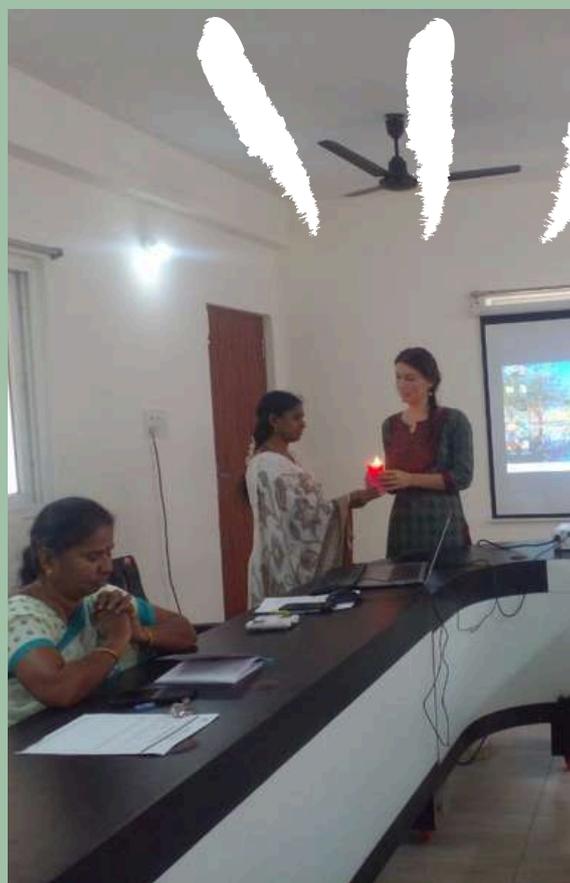
During their visit, the students had the opportunity to learn about our work and engage meaningfully with our core members. They also organized fun and interactive activities, bringing smiles and joy to everyone.

Their enthusiasm and kindness created a positive and lively atmosphere, and we truly appreciated the time spent together. The day was a mutual exchange of learning and happiness, leaving us all inspired and uplifted.



We recently conducted a formation class on Excel shortcuts, aimed at improving our computer skills and increasing work efficiency.

The session was very informative and practical. Participants learned useful keyboard shortcuts that can help complete tasks faster and more effectively in Excel. It was a great opportunity to enhance our digital skills and make everyday work smoother.



We recently celebrated our monthly birthday celebration, and it was a joyful and memorable event for all!

The celebration began with a warm welcome and heartfelt prayer, followed by cake cutting, gift sharing, and a lively dance program. The atmosphere was filled with happiness, laughter, and togetherness.

Everyone enjoyed the celebration, especially the birthday stars of the month who felt truly special and appreciated. It was a beautiful reminder of the importance of celebrating life and the bonds we share.



Feast Day Celebration at Sathya Nilayam Community

We were honored to be invited by the Sathya Nilayam Community to join them in celebrating their Feast Day.

The event was a beautiful gathering filled with warmth and hospitality. We participated in a special prayer service that brought a deep sense of peace and unity. This was followed by a delicious special meal shared joyfully among all attendees.

We are grateful to the Sathya Nilayam Community for including us in their celebration. It was a meaningful experience that strengthened our sense of community and fellowship.

Our Outreach Program is a compassionate initiative designed to support individuals with intellectual disabilities who have limited mobility and are unable to access our regular services.

Through this program, our team visits the homes of these individuals to provide personalized care, training, and encouragement. We focus on teaching essential life skills such as fine motor activities, personal care training, games, and offering small outings to enhance their experiences and build self-confidence.

The Outreach Program is not only about supporting the individual, but also about empowering families. We offer parental counseling and guidance, helping caregivers better understand and support their child's development and emotional needs.



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Welcome to the latest news from Asha Niketan Kolkata! Our community continues to grow and flourish, thanks to wonderful partnerships like the one with DPS Ruby Park for our recent tree-planting event. We also extend a warm welcome to our newest member, Master Radra Das. This month's stories are a beautiful reminder of the friendships we share and the deep sense of belonging that makes this place feel like home.

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Smritikana Mondal

COMMUNITY LEADER,
ASHA NIKETAN KOLKATA





The students and teachers of DPS Ruby Park joined hands with our community to plant trees, fostering a greener and healthier environment. Their enthusiasm and dedication made the event truly special. We extend our heartfelt thanks to the Principal and the students of DPS Ruby Park for their active participation and support. This initiative will leave a lasting mark on our surroundings and inspire others to care for nature.

We are very happy to welcome Master Radra Das as a new member to the day program.

May his journey with us be filled with joy, friendship, and a deep sense of belonging.

Together, we will share life, celebrate one another, and grow in love and care. Welcome to the family, Radra!





A collaborative session with assistants focused on upgrading files of members, ensuring better documentation and support systems for holistic overall development & growth.



Inclusive and Interactive Activities with La Martiniere Day School
 Through their school club Niche, La Martiniere Day School graciously invited our members to participate in inclusive and interactive activities. It was a truly wonderful and enriching experience for all of us, and we extend our heartfelt thanks to the school, the club, and the students for their warmth and hospitality.

MY JOURNEY...**TRIDIB BHOWMICK !!**

I first came to Asha Niketan in 2014, after hearing about it from one of my cousins. I still remember that first day—Neelchand, one of our residential members, welcomed me, and the community greeted me with a flower garland. That small gesture touched me deeply.

At the time, I thought I'd stay just a few months and then move on. But as the days passed, I found myself learning so many new things—like batik work and making paper bags at the Thakur Bari workshop, and candle making at the Adi Bari workshop. Slowly, this place started to feel like home.

What I love most about Asha Niketan is how we all live life together—core members, assistants, and everyone in the community. We go out together, eat together, celebrate birthdays together. There's a strong sense of belonging here that's hard to put into words.

Working with the children at the Day Care Center in 2017–2018 was one of the happiest chapters of my life. It was challenging, of course—I had to be active and fully present—but the love and joy in that space were so powerful. And now, in 2025, I'm once again blessed with the responsibility of caring for the Day Care. It feels like coming full circle.

Looking back on my journey from 2014 to now, I've taken on many responsibilities across different projects, always trying to give my best. It hasn't always been easy, but the support and love from the core members, assistants, and the entire community made even the tough days meaningful.

More than anything, the core members have taught me valuable life lessons—how to let go of anger, jealousy, and greed, and how to bring happiness to others in the simplest ways.

Now, after 10 years at Asha Niketan, I can truly say—this is where I belong. This is home and this feels like my final professional destination.



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This month at Asha Niketan Nandi Bazar, our community focused on growth and remembrance. A significant step was taken with the presentation of the new building's Master Plan by Sthapathi Architects. We paid tribute to the late Sri. Oommen Chandy and celebrated the birthdays of eight of our core members. Our garden is also flourishing with new plantings, symbolizing the new beginnings taking root in our community.

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Jyothy Susan Joseph

COMMUNITY LEADER,
ASHA NIKETAN NANDIBAZAR



As part of the upcoming new building construction, a significant step was taken on July 4th, when Sthapathi Architects presented the Master Plan before the community and Governing Council (GC). Prior to the presentation, a site inspection was conducted to assess the proposed area and finalize key aspects of the plan.

We were also honoured by the presence of the National President, who joined the session, offering valuable insights and encouragement.





I'm Kanaka, though everyone fondly calls me Kanoos. I was born in 1963 and have a sister named Shobha.

I became a part of Asha Niketan in 1994, where I was warmly received by the then community leader, Mr. Subaiyyan, along with the other assistants.

Currently, I am the only female residential core member at Anandalayam. I enjoy playing games, watching TV, drawing, and going for evening walks. I continue to work in the workshop; in the beginning, I was part of the broom-making group.

Now, I also assist in other groups, helping to make transparent soaps and medicine covers. I enjoy celebrations and take pleasure in presenting bouquets or flowers to visitors and welcoming sponsors during their visits. I feel joyful when young children come to Asha Niketan.

MY FAVOURITES

My favorite meal is rice with fish curry and chammanthi.

I really enjoy watching television and going on outings, especially to the beach or attending wedding functions.

I like making jokes and love playing games.

My best friend is Salahudheen.





Becoming a social worker wasn't a sudden decision — it was a journey shaped by life and inspired by my sister, a committed professional in the field. Her compassion and strength sparked a purpose in me that grew stronger over time.

While specializing in Family and Child Welfare, I gained meaningful exposure through organizations working with children, women, and individuals with disabilities. These field experiences deeply influenced my values and prepared me for my professional journey, which began in 2019.

Every person I've met along the ways — has enriched my path with unique lessons and insights that I carry with gratitude. Since then, every person I've met has added something unique to my journey. Their stories, struggles, and triumphs have taught me more than any textbook ever could. And for that, I am truly grateful .



My connection with Asha Niketan Nandi Bazar dates back to 2013, when my sister worked here. Through her stories, I grew familiar with the community, even before ever visiting. So when I joined in May 2024, it felt like a homecoming. Though new, I felt instantly connected and welcomed

Stepping into a leadership role for the first time was challenging. But with the unwavering support and mentorship of Bharathi Chechi, Lilly Ma'am, and continuous guidance from our Chairman and GC members, I found my footing. My colleagues have been my greatest strength, and the core members — the heart of this community — bring life and joy to every day.

This past year has been transformative. It's been a time of growth, learning, and deep connection. I feel truly blessed to share life with these beautiful souls and to continue walking this path with a heart to serve, a mind to learn, and a soul rooted in love.- **Susan Jyothy Joseph!**



On the occasion of the second death anniversary of Sri. Oommen Chandy, former Chief Minister of Kerala, our community joined hands with the Oommen Chandy Charitable Trust to pay heartfelt tribute to his memory.

Representatives from the Trust visited the community, and flowers were offered at his photograph as a mark of respect and remembrance. It was a moment of reflection and gratitude for a leader who deeply touched the lives of many through his service and compassion.



The garden team has recently initiated a new round of vegetation planting as part of our ongoing efforts to promote sustainability and healthy living within the community.

This season's planting includes green chilly, tomato, and brinjal, which are now taking root in our garden beds. We look forward to a fruitful harvest in the coming months and appreciate the dedicated efforts of our garden team in nurturing this green space.





AN ANNIVERSARY BAZAR

Happy Birthday

On July 25th, the community came together to joyfully celebrate the birthdays of our core members - Akshay, Shamil, Dhanesh, Sajid, Sourav, Vismaya, Nikhil and Shyamjith. The occasion was filled with love, laughter, and togetherness, as everyone joined in to make the day special for our cherished members. Heartfelt wishes, songs, and sweet treats added to the festive spirit, reminding us once again of the joy of sharing life as one family.



Thank you!



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