

JUNE 2025



# MONTHLY NEWSLETTER

Official Newsletter of FMR India

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June was a truly inspiring month, showcasing the vibrant spirit of our Asha Niketan communities nationwide. From Rath Yatra celebrations in Asansol and insightful charter sessions in Bangalore, to joyful garden projects in Chennai and heartwarming movie outings in Kolkata, our core members experienced connection and growth. New initiatives blossomed, cherished goodbyes were said, and new faces brought fresh energy, all reflecting our shared commitment to inclusion, dignity, and a family where every individual thrives.

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## Subin Varghese

COMMUNICATIONS COORDINATOR  
FMR INDIA



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As National President, it fills my heart to see our communities thrive. With the academic year commencing and Asha Niketan, Kolkata, celebrating its 52nd Foundation Day, June truly buzzes with life. This World Environment Day, I invite us to reflect on our bond with Mother Earth, especially this year's call to "Beat Plastic Pollution." Let Priya's inspiring "rhythm and recycling" initiative remind us that every effort, big or small, contributes to a more sustainable and humane world. Let's embrace this joyful responsibility for a greener tomorrow.

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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

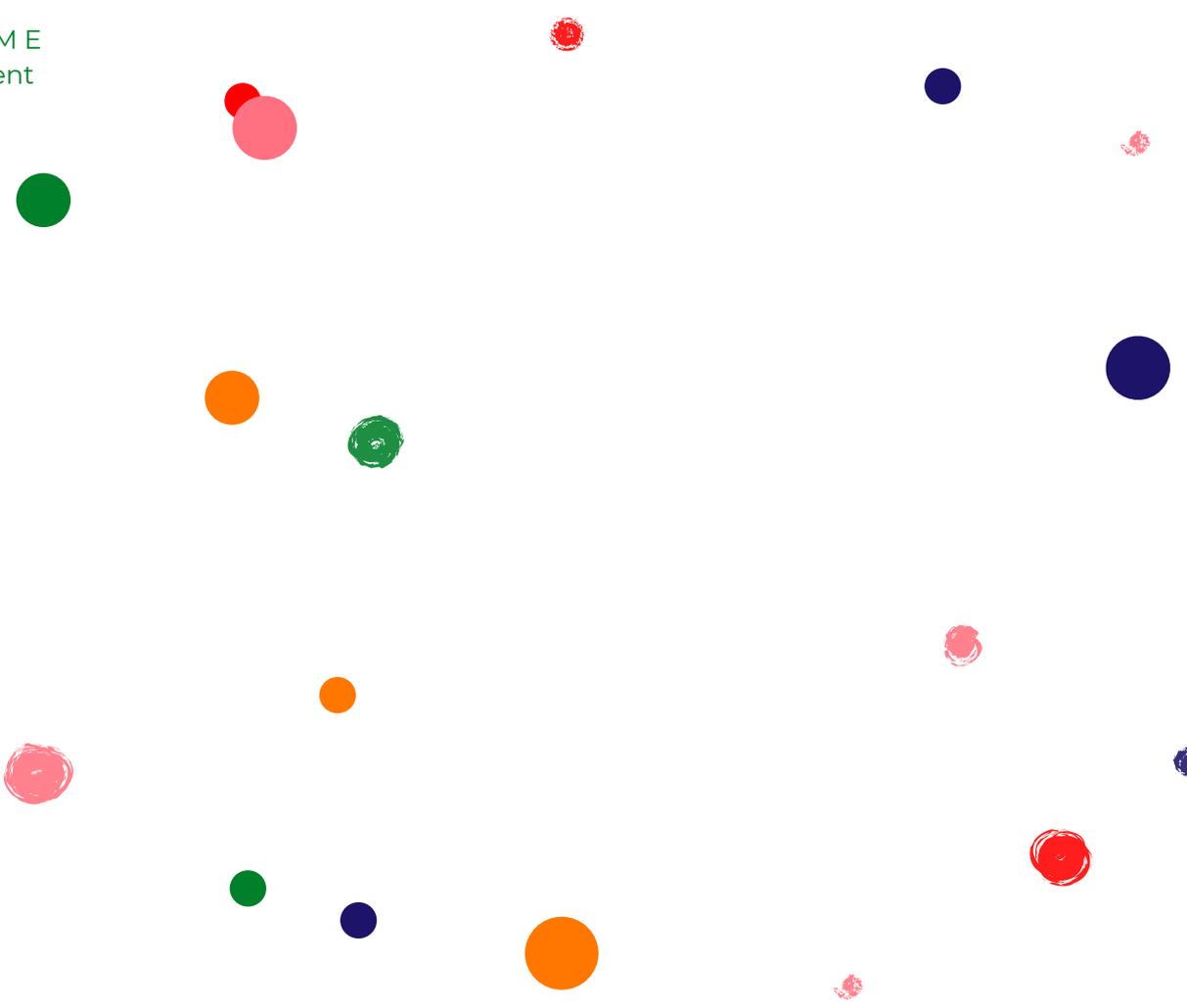
My Dearest Asha Niketan Family,

As we welcome the month of June, our communities are buzzing with life and activity, from the reopening of the academic year in Nandi Bazar to the 52nd Foundation Day of Asha Niketan, Kolkata. This month, which hosts World Environment Day, I want to invite us all to reflect on our relationship with the beautiful world that sustains us. This year's global call to action is to "Beat Plastic Pollution," a theme that resonates deeply with our mission of care and community. Let's explore simple, meaningful ways to reduce single-use plastics in our daily lives. Every bottle reused, every cloth bag chosen, is a small victory for our planet and a testament to our commitment to a more humane society.

Warm regards



Dr Premanand M E  
National President  
FMR India.



# An Inspirational Story: The Rhythm of Recycling

BY DR PREMANAND M E

I remember reading about a Core member who loves music and rhythm. For Priya (name changed), every object has a potential sound. Recently, the community started a new initiative: a "rhythm and recycling" project to reduce plastic waste. The goal was to collect all the plastic bottles, containers, and wrappers used in the home each week.

At first, it seemed like a chore. But Priya discovered a new joy in it. With the help of an assistant, she began creating musical instruments from the collected plastic. She filled bottles with different levels of water to create different notes, she strung bottle caps together to make shakers, and she discovered that large plastic containers made excellent drums.

Soon, Wednesday afternoons became "Recycling Rhythm" sessions. Led by Priya, core members and care-givers would gather to sort the week's plastic waste while making music. Priya's infectious enthusiasm turned a simple environmental task into a joyous celebration of community and creativity. Her unique talent not only helped the community significantly reduce its plastic footprint but also reminded everyone that contributing to a better world can be filled with music, laughter, and a rhythm of its own.

Priya's story beautifully illustrates that everyone has a gift to share in caring for our world. Her passion transformed a challenge into an opportunity for connection and joy, showing us that the journey to beat plastic pollution can be a creative and fulfilling one for us all.

Let us be inspired by this spirit of joyful responsibility.  
With heartfelt wishes for a green and pleasant June

Warm regards



Dr Premanand M E  
National President  
FMR India.



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June was a month brimming with joy, connection, and vibrant celebrations at Asha Niketan. From the spiritual fervor of Rath Yatra where our community united in devotion, to a meaningful World Environment Day planting trees with the Rabindra Charcha Group, and a heartwarming movie outing to "Sitaare Zameen Par" thanks to St. Vincent's High & Technical School – every moment was a testament to inclusion and shared happiness. We also celebrated milestones, bid a fond farewell to a beloved teacher, and welcomed a new one, truly embracing our family spirit!

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## Sibhasish Mondal

COMMUNITY LEADER,  
ASHA NIKETAN ASANSOL





This year, our community joyfully celebrated Rath Yatra, embracing the spirit of unity and tradition. With handmade decorations, heartfelt prayers, and rhythmic drumbeats, we pulled the symbolic chariot of Lord Jagannath.

The celebration was made truly special by the active participation of our core members. From decorating the chariot to offering flowers and singing bhajans, everyone expressed their love and devotion. For many, it was a profound moment of connection, celebration, and shared joy.

Festivals like Rath Yatra beautifully remind us that every individual, regardless of ability, has something valuable to offer. It was a day filled with blessings, smiles, and togetherness, reflecting our community's values of inclusion, faith, and joy in simple things.



On 5th June, World Environment Day, we were honoured to welcome members of the Rabindra Charcha Group to Asha Niketan. To mark the occasion, they planted fruit trees in our garden — a beautiful act of care for nature and our community.

Their presence and thoughtful gesture left behind not just trees, but a lasting message of growth, hope, and togetherness.



Thanks to the loving teachers and students of St. Vincent's High & Technical School, our members enjoyed a special outing to watch 'Sitaare Zameen Par' — a film that mirrors their inner world with deep honesty.

As they watched, many saw their own stories — not of pity, but of strength, dreams, and silent courage. The experience brought smiles, laughter, and heartfelt connection.

We're deeply grateful for your generous gesture in making this meaningful outing possible.

Your presence reminded us that true inclusion is lived through kindness, respect, and shared joy.

You didn't just take them to a movie — you saw them, celebrated them, and stood beside them



We organized a warm and joyful "Ai Buro Bhaat" for one of our dear assistants, Sanju Bagdi, here at Asha Niketan.

"Ai Buro Bhaat" is a pre-wedding feast traditionally given to the bride or groom at their parental home — a place filled with love, blessings, and memories.

By celebrating it here, we are reminded that Asha Niketan is not just a home for our core members, but also for our assistants — a family where every milestone is shared with love.

Wishing Sanju a beautiful new journey ahead, filled with happiness and togetherness



We bid a warm thanksgiving farewell to our beloved dance teacher, Sangita Chakraborty, at Asha Niketan.

Through her graceful presence and dedication, she not only taught our members to dance — she helped them express joy, emotion, and confidence through movement.

Thank you, Sangita di, for the love, patience, and rhythm you brought into our community. You will always have a special place in our hearts.



We are delighted to welcome our new dance teacher, Koni Roy Chowdhury, to the Asha Niketan family.

With her passion for dance and a heart full of kindness, we look forward to many joyful moments, creative expression, and shared learning.

Welcome, Koni di! We're excited to dance, grow, and celebrate together with you.



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June was a month of reflection, connection, and refreshing experiences for us. We bid a fond farewell to Mr. Pintu, whose dedication touched us all. Our community enjoyed a wonderful outing to Nandi Hills, strengthening our bonds amidst laughter and games. We also benefited from Mr. Soney's peaceful exercise session and engaged in a meaningful "Our Charter and Our Map Formation" session led by Ms. Lilly Rose, reflecting on our shared values and vision.

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## Lilly Rose

COMMUNITY LEADER,  
ASHA NIKETAN BANGALORE





This month, we bid a heartfelt farewell to Mr. Pintu, who served Asha Niketan with dedication and compassion for the past two years. Pintu was not only a committed member but also a kind-hearted and gentle presence in the lives of residents and colleagues alike. His calm nature, willingness to help, and respectful attitude made him a beloved part of the Asha Niketan family. Whether through his daily duties or his quiet acts of kindness, Pintu consistently reflected the core values of the organization.



This month, the staff and core members of Asha Niketan had a joyful and refreshing outing to Nandi Hills. They enjoyed home-packed food from their community kitchen, shared amidst laughter and fun games. The day strengthened bonds, offering a cherished break from routine and fostering a strong sense of togetherness and community.



This month, Mr. Soney, our senior staff conducted a peaceful and engaging exercise session for the core members of Asha Niketan. The session focused on gentle movements, breathing exercises, and relaxation techniques suitable for all abilities.

Soney's calm and encouraging approach created a welcoming space where core members could connect with their bodies and enjoy the benefits of mindful movement. The session was well-received and brought a sense of energy among the participants.

We thank Mr. Soney for his time and dedication, and we look forward to having more such sessions that promote well-being, inner peace, and physical health within our community.





Ms. Lilly Rose facilitated a meaningful session on Our Charter and Our Map Formation for our Asha Niketan community. The activity helped staff to reflect on our shared values, vision, and responsibilities, and gave everyone an opportunity to contribute their thoughts and experiences.

Through creative and participatory methods, Lilly guided the group in expressing the core principles that guide our daily life together. The session also helped visually map out how we function as a community, fostering a deeper understanding of roles, relationships, and collective purpose based on the charter.



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June has been a month of renewed energy and heartwarming connections at Asha Niketan Chennai. We started with a productive parents' meeting, fostering collaboration for our core members' growth. Our "Garden of Hope" continues to flourish, with our core members actively cultivating vegetables and nurturing confidence. We joyfully welcomed back our core members after their summer break, along with new faces: Ms. Angella, our new volunteer, and interns from Patrician College. We also extend our deepest gratitude to Mr. & Mrs. Vasantha Venkatadri for their generosity.

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## Sagayamary

COMMUNITY LEADER,  
ASHA NIKETAN CHENNAI



We recently held a successful parents meeting, marked by active participation and thoughtful discussions. Our special guest offered valuable insights and practical advice on guiding and supporting children. Parents engaged by asking questions and clarifying important topics. It was a wonderful opportunity for the community to strengthen relationships and collaborate for the betterment of our core members.



Back from Summer Holidays – A Joyful Start! After a refreshing summer break, our core members returned from home with happy hearts and bright smiles. We resumed our regular routine from June 3rd, and it has been a joyful restart.

Everyone is excited to work on their new goals, and there's a renewed sense of energy and enthusiasm in all our activities. It's wonderful to see our core members enjoying and engaging fully in their daily routines once again.

Welcome to Ms. Angella – Our New Volunteer!

We are delighted to welcome Ms. Angella, who has joined us as a volunteer for the next 3–4 months. Her presence is a great support to our community, and we are truly grateful for her time and dedication.

Ms. Angella is happy to be part of Asha Niketan and has brought many gifts and talents with her. She is generously sharing her skills and energy with our core members, making a meaningful impact through her service.



Welcoming Patrician College Students for Internship. We are happy to welcome students from Patrician College who have joined us for their internship and field work. They are sharing their knowledge, energy, and dedication with our community, and their hard work is deeply appreciated.

Our core members are enjoying their presence and building meaningful relationships with them.



Our heartfelt thanks to Mrs. Kalpana and Family and to Mr. & Mrs. Vasantha Venkatadri.

Your kindness and generosity will remain etched in our hearts, and you will always be remembered in our prayers. Ours is a home of hope, where we care for our core members with immense love and lifelong commitment. Your thoughtful act now becomes a meaningful contribution to the well-being and dignity of this special community.



### Caring for Our Senior Citizens

At Samadhanam, we have elderly core members who are lovingly cared for in every aspect of their lives. Each day is enriched with activities such as yoga, meditation, simple exercises, games, and other engaging routines. These practices help them remain active, relaxed, healthy, and full of life.



Our seniors feel happy, energetic, and cheerful. They cherish being at Samadhanam—a place where they are accepted, respected, and treated with deep love, compassion, and dignity. They truly become the core of our community, embodying its spirit in every way.

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June was a month of new beginnings and heartwarming experiences for our Asha Niketan Kolkata family. We're delighted to welcome Miss Shreya Mukherjee, our new Consultant Psychologist, and Srilekha Paul, a new core member in our Workshop. Our core members shined at "Ishma 2," a cultural event celebrating inclusion and collaboration. Thanks to the May Fair Society Group, many of our members enjoyed their first movie theater experience, watching "Sitare Zameen Par," a truly special outing filled with joy and smiles.

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## Smritikana Mondal

COMMUNITY LEADER,  
ASHA NIKETAN KOLKATA





We're thrilled to welcome two new members to the Asha Niketan Kolkata family! Miss Shreya Mukherjee joins us as our Consultant Psychologist, bringing her expertise to support the emotional well-being of our community. Also, Srilekha Paul has joined as a new core member in our Workshop, bringing a gentle spirit and fresh energy to our daily routine. We're excited to journey together in friendship and care.

We were honored to participate in "Ishma 2," a cultural event by Kawtha Koi at Gyan Manch, celebrating love, inclusion, and collaboration among four NGOs. Our core members delivered a heartfelt and well-received performance, a moment of immense pride. We thank Kawtha Koi for the inclusive platform, which deepened our belief in collaboration and community.



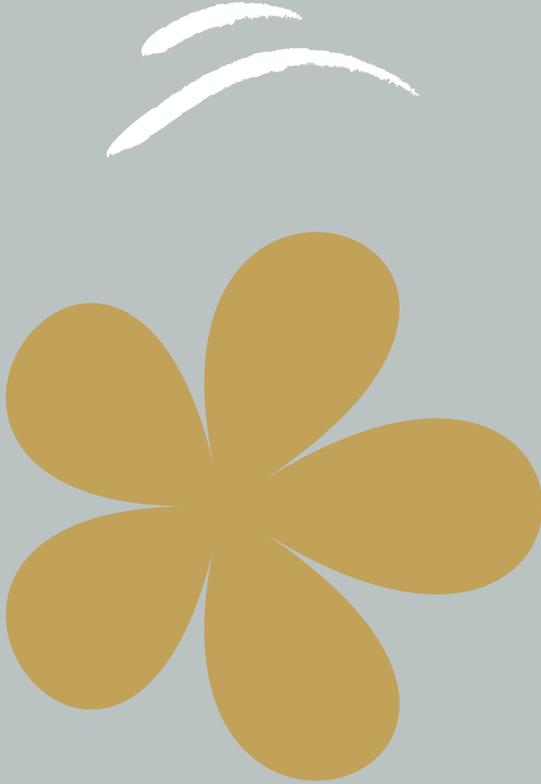
### A Special Day at the Movies!

On 30th June 2025, our members at Asha Niketan Kolkata enjoyed a joyful and unforgettable movie outing, thanks to the kind support of the May Fair Society Group.

For many, it was their first time in a movie theatre, watching the inspiring film *Sitare Zameen Par*. The excitement, smiles, and laughter reflected the true joy of inclusion.

We deeply thank May Fair Society for this meaningful gesture and remind everyone that small acts of kindness can create a world where everyone feels valued and included.





Celebrating 52 Years of Love and Inclusion

Foundation Day – 9th June 2025

This June, we joyfully celebrated 52 years of our journey—a path shaped by love, inclusion, and shared transformation.

We extend our heartfelt thanks to everyone who joined us. Your presence, prayers, and generous support made the day truly special.

Your continued belief in our mission strengthens our commitment to creating a more inclusive and compassionate world for persons with intellectual disabilities.

Thank you for walking beside us. Here's to many more years of community, dignity, and hope.

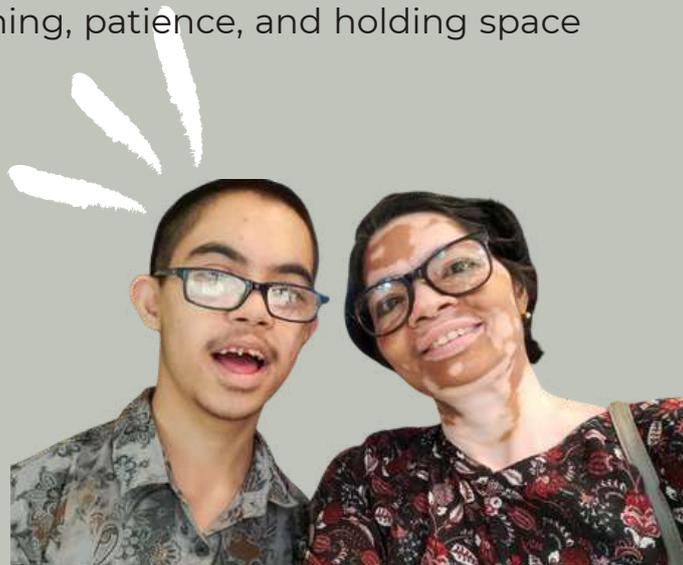


## MY JOURNEY

Since 2004, I have been walking a path in social work that continues to shape me deeply. It all began with the Halder Chalk Chetna Welfare Society, under the Kakdwip Police Station in South 24 Parganas. My early involvement exposed me to the realities faced by vulnerable communities, especially in the area of preventing and responding to the trafficking of women and children. These experiences stirred something within me and planted the seeds of a lifelong commitment to service.

In August 2011, I took on the role of Home Superintendent at Ananda Kendra, a short-stay residential home in Atghara (North 24 Parganas). Though my time there lasted only four months, it offered me invaluable insight into the emotional and practical dimensions of residential care. It also taught me the importance of listening, patience, and holding space for others' healing.

Later that year, in December 2011, I was welcomed into Asha Niketan Kolkata, a community dedicated to the care and inclusion of persons with intellectual disabilities. Since then, this community has become like a second home to me—a place where I have learned as much as I have contributed.



Over the past 14 years, I have had the opportunity to serve in various roles: as a Residential House Leader, Daycare In-Charge, and Outreach Coordinator. Each role has taught me something new—about relationships, responsibility, and above all, the dignity and value of every human being. Since 2021, I have been entrusted with the role of Secretary and Community Leader of Asha Niketan Kolkata.

This journey has not been mine alone. It has been shaped by the people I have met along the way—the members of our community, my colleagues, mentors, and the many who walk beside us in solidarity. I am grateful to my family, friends, and well-wishers whose quiet encouragement continues to sustain me.

More than anything, this journey has transformed me. It has deepened my understanding of love, service, and the quiet strength that lives in community. I carry this journey forward with gratitude and humility.

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June was a month of joyful returns and new beginnings for our community! We happily welcomed back Mrs. Santha as our Vehicle Assistant and Ms. Rinsha Fathima, a new dayworker core member. Our community reopened with cheer, marked by a sweet gesture from our neighbor Mr. Pratheesh. We celebrated World Environment Day with planting a mango sapling, we also engaged in an insightful Our Charter Our Map session and launched a vibrant new gardening initiative. We also had a thoughtful visit from the DYFI Nandi Area Committee and celebrated multiple birthdays with great delight!

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## Jyothy Susan Joseph

COMMUNITY LEADER,  
ASHA NIKETAN NANDIBAZAR



We are happy to share that Mrs. Santha has rejoined our community as the new Vehicle Assistant from June 1st. She had previously served in the same role and was a valued member of our team. The community is truly delighted to welcome her back and looks forward to her continued support and dedication.



The community reopened on June 2nd after the summer break with a warm and cheerful welcome for the core members. A special gathering was arranged to mark the occasion, filled with smiles, decorations, and a spirit of togetherness.

Adding to the joy of the day, Mr. Pratheesh, a kind neighbour of Asha Niketan, distributed laddoos to all the core members in celebration of purchasing a new auto. He generously chose to share his happiness with the community, making the reopening even more memorable for everyone.



On June 2nd, along with the joyful reopening of the community, we were delighted to welcome a new member to our day program, Ms. Rinsha Fathima. The community extended a heartfelt welcome to her as she joined us on this special day. We look forward to journeying together and creating many meaningful moments with her in the days ahead.

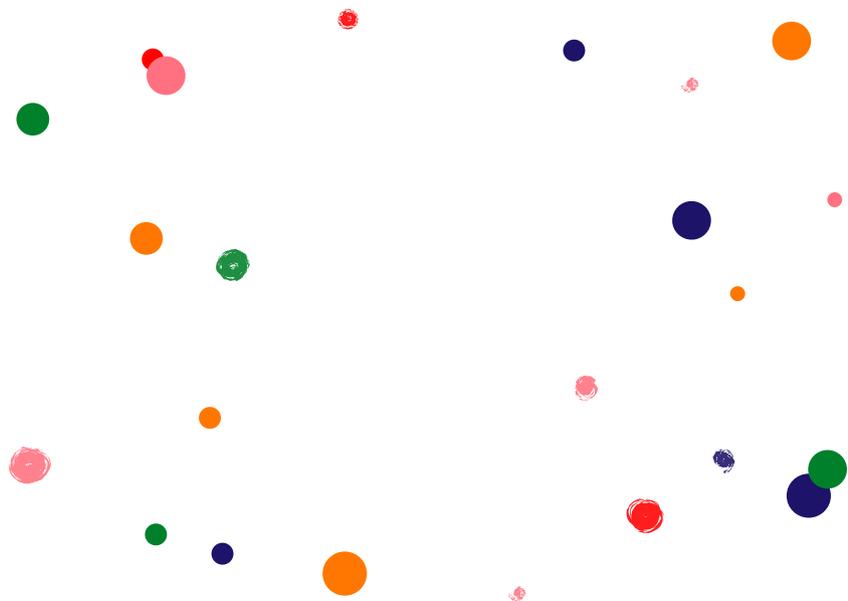
On June 5th, the community observed World Environment Day with a meaningful tree planting ceremony held within the community premises. To mark the occasion, a mango tree sapling was planted as a symbol of growth and sustainability.



The program was formally inaugurated by the Panchayat President, Mr. C. K. Sreekumar. He was joined by Vice President Smt. Sheeja Patteri, Standing Committee Chairman Mr. O. K. Premanandan, and GC Member Dr. U. Sreedharan. Core members participated actively in the event, joining hands with the President in planting the mango sapling. As a new initiative, seeds were also sown in trays, symbolizing new beginnings and the community's ongoing commitment to environmental care.



The event was a joyful and inspiring reminder of the importance of nurturing nature and working together for a greener future.





On June 13th, members of the DYFI Nandi Area Committee visited the community and distributed bags to the core members as a gesture of support and solidarity. The program was inaugurated by Com. P. C. Shyju, DYFI District Secretary. The event saw active participation from the committee members, who spent time engaging with the core members, creating a warm and friendly atmosphere. Their thoughtful gesture and meaningful interactions were deeply appreciated by the community.



The community organized a full-day session on Our Charter Our Map, actively engaging both core members and assistants in meaningful reflection and learning. The session was facilitated by Community Leader Ms. Jyothy Susan Joseph, who led the day in a vibrant and interactive manner. Through group activities, discussions, and creative sharing, the participants explored the values, vision, and commitments that shape life in the community. The session helped strengthen mutual understanding and deepen the sense of belonging among all members. It was a joyful and enriching experience for everyone involved.



The community has launched a new gardening initiative by planting marigold and bachelor's button flowers, with the goal of contributing to the upcoming Onam flower market. This project not only supports sustainability and creativity but also brings joy and a sense of purpose to the core members.

We look forward to seeing a vibrant, blooming garden that spreads happiness and beauty across the community, enriching the lives of everyone involved.



On June 27th, the community came together to celebrate the birthdays of Ajitha, Muhammed Fasal, Murali, and Shibin Raj. The celebration was filled with joy, laughter, and togetherness as everyone gathered to wish them well.

With cake cutting, songs, and heartfelt wishes, the day became a memorable occasion for the birthday celebrants and the entire community. Moments like these continue to strengthen the bonds we share and remind us of the joy of celebrating life together.

*Thank you!*



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