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MONTHLY NEWSLETTER

Official Newsletter of FMR India

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Across our AN communities in March and April, we celebrated vibrant festivals like Holi and community milestones. From the joyful Puri holiday for Asansol to the successful certification renewal in Nandi and the festive carnival in another community, togetherness and support shone brightly. We also welcomed new initiatives like the singing class in Asansol and honored cherished members. This newsletter brings you highlights of these heartwarming moments from our diverse family.

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Subin Varghese

COMMUNICATIONS COORDINATOR
FMR INDIA



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As each month brings its warmth, we celebrate the power of presence and mutual support. Your generosity, alongside L'Arche International's support, cultivates an environment where our core members truly thrive, discovering their strengths and living lives of dignity. Across all our homes, the dedication of our assistants, day workers, and caregivers, guided by our Governing Councils, fosters a community where every individual's unique gifts are cherished, reminding us of our shared humanity. Let's focus on enabling abilities to shine and being attentive to every dream.

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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

Dearest Members, Friends, and Supporters of our Asha Niketan family,
As the warmth of May envelops us, we are constantly reminded that the heart of our community lies in the simple, yet profound, act of being present to one another. It is in the shared laughter, the helping hand extended, the patient understanding, and the celebration of each person's intrinsic worth. The funds and support we receive from L'Arche International and our generous donors are vital, not just for sustenance, but as seeds that help us cultivate an environment where our core members are truly 'enabled' – enabled to discover their strengths, to contribute their unique gifts, and to live lives of dignity and purpose.

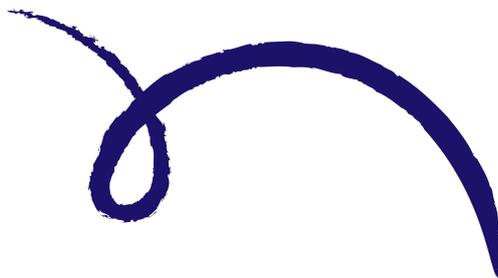
Across our homes in Asansol, Kolkata, Bengaluru, Chennai, and Nandi Bazar, the rhythm of life is a testament to this. It is a rhythm composed of the dedication of our assistants, day workers, and caregivers, guided by the wisdom of our Governing Councils, and animated by the joyful spirit of our core members. Each interaction, each shared task, each celebration, big or small, weaves us closer together, reminding us of our common humanity and the beauty of our diversity.

This May, let us particularly focus on the 'enabling' aspect of our mission. How can we, in our daily lives within and beyond Asha Niketan, create more spaces for abilities to shine? How can we be more attentive to the unspoken needs and dreams of those around us, especially our core members who teach us so much about resilience and love?

Warm regards



Dr Premanand M E
National President
FMR India.



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Welcome to the latest edition of the AN Asansol newsletter! This month brought joyful moments with a refreshing holiday to Puri, filled with temple visits and seaside fun. Our community also celebrated a vibrant Holi with colors and togetherness. Adding to our harmony, a new singing class led by Neeta Didi has begun, promising melodious times ahead. Read on for more community updates!

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Sibhasish Mondal

COMMUNITY LEADER,
ASHA NIKETAN ASANSOL





This month, our residential core members and assistants went on a joyful holiday to Puri! It was a time filled with fun, togetherness, and beautiful memories. We visited the famous Jagannath Temple, spent peaceful and playful moments by the sea, and explored other local spots of interest.

It was not just a holiday—it was a time to bond, relax, and experience the beauty of nature and culture together. Moments like these remind us of the joy of being in community, supporting one another, and celebrating life.



This Holi, our community was filled with colors, smiles, and happiness. Everyone—our core members, assistants, and friends—came together to celebrate with love and joy. We played with colors, sang songs, danced, and shared lots of laughter.



We are happy to share that a new singing class has started in our community. Neeta Didi has kindly agreed to lead the sessions. With her gentle guidance and love for music, we are excited to learn new songs and enjoy singing together as a community.



Asha Niketan-Asansol joyfully celebrated Bengali New Year with everyone's participation through love, prayers, song, and dance. It was a celebration of togetherness, simplicity, and joy. Wishing you and yours a Shubho Noboborsho filled with new hope, lasting happiness, inner peace, and harmony.

On April 17th, Asha Niketan Asansol celebrated the Feet Washing Ceremony, a sacred tradition emphasizing humility, love, and selfless service. This simple act of washing feet honored our equality and call to compassionate service. The silent, reverent moment fostered deep connection, reminding us that dignity lies in care and kindness. At Asha Niketan, this ceremony reflects our commitment to living as one family rooted in love and mutual respect.

From April 12th to 19th, our National Leader, Ms. Bharathi G., visited our community. She met with core members, assistants, and Board members individually and in groups, offering gentle guidance, formation, and personal encouragement with care and wisdom. Sharing insights on L'Arche and FMR India, she inspired our individual and communal growth. Her warm and uplifting presence made us feel like family as she listened, encouraged, and reminded us of the strength found in journeying together with love and trust.



Riko, Rahul, and Som, our core members, participated in Subhajit Gorai's Rainbow Art Group Exhibition on April 8th. They expressed themselves through beautiful abstract paintings and felt joy and pride in displaying their artwork, which offered a wonderful opportunity for creative exploration within a larger artistic community.



Sindhu Devi, our former Community Leader and currently serving at Asha Niketan Nandi Bazar, visited our community with her family.

Her visit brought great joy to all of us. Our core members were delighted to see her again and spent a wonderful time together, filled with laughter, memories, and warm conversations.



We are happy to welcome Mangal, Deep, and Sunny as day scholar core members in our community.

Their presence brings new energy, joy, and warmth to our daily life, and we are delighted to have them with us on this shared journey.



Two brothers from Dhyan Ashram, Kolkata have joined us for one month to experience the life and spirit of Asha Niketan.

We warmly welcome them into our community and are grateful for the opportunity to share our daily life, values, and friendships with them during their stay.

Since October 2022, Mr. R.S. Tewari, FMR India's Spiritual Resource Person, has been a cherished, father-like guide for Asha Niketan Asansol. He patiently and warmly nurtured the spiritual lives of core members and assistants with wisdom, faith, and compassion, creating a spiritual home through his gentle presence, deep listening, and unwavering support. On April 30th, he returned to his family, leaving us with the heartfelt words, "My soul is always with you." His departure was difficult, as his presence has deeply impacted our lives. Though physically apart, his spirit remains with our community, for whom we hold lasting gratitude for his love and light.



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Our recent celebrations have filled our hearts with joy and togetherness! From the electrifying atmosphere of a vibrant carnival with its incredible stalls and performances at chennai to Arun's heartwarming birthday filled with laughter and family warmth, and the special Ramzan day marked by the delicious biryani that brought smiles to Abdul and Ishan, these moments remind us of the strong bonds we share and the beauty of our diverse community.

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Lilly Rose

COMMUNITY LEADER,
ASHA NIKETAN BANGALORE





The carnival was filled with an electrifying atmosphere that brought together people from all walks of life, creating a sense of unity and excitement.

The stalls at the carnival were absolutely incredible — each one more elaborate and creative than the last. Some featured unique, handmade crafts, while others had local delicacies and street food that we couldn't resist trying. The attention to detail in each stall was remarkable, from the colorful decorations to the interactive displays. There were also performances happening around the venue, with music, dance, and even a few impromptu street performances that kept everyone engaged and entertained. Happy 50th Anniversary wishes to Asha Niketan Chennai, thanks for inviting us to be a part of your celebration.



Arun's birthday celebration was one of those days full of laughter, love, and unforgettable memories! The whole atmosphere was so warm and lively, and it felt like everyone came together to make the day extra special. The highlight, of course, was when his parents came to join the celebration. Their arrival added a beautiful touch of family warmth to the party. The cake-cutting ceremony was a heartwarming moment



During Ramzan, we had an unforgettable day filled with love, laughter, and, of course, delicious food. The highlight of the day was the biryani we prepared, and it couldn't have come at a better time. There's something about Ramzan that makes the act of cooking and sharing a meal even more meaningful, and making biryani was the perfect way to celebrate. We spent the day getting everything ready, from the tender meat to the fragrant rice, and the spices were just the right balance — not too overpowering, but enough to fill the air with the most intoxicating aroma.

When the biryani was finally ready, Abdul and Ishan were absolutely overjoyed.



April was a busy month at Asha Niketan Bangalore! We all pitched in for a deep clean and tidying to make our house feel more like a home. After all that hard work, we had a big birthday celebration at the end of the month, complete with cake, dancing, and plenty of joy and laughter. Harish was our star dancer, unstoppable once the music started! Overall, we've simply enjoyed spending quality time together during work, meals, and free time.



The community leader and all the staff worked tirelessly for two whole days on the house evaluation. They made plans for how to help the changing needs of our core members, and thought about different ways of how we can improve our community life and the care we give to our core members.



On Maundy Thursday we took turns washing each other's feet; a sign that we are here to serve and love one another. Our community is a symbol of the love and the friendship that is proclaimed in the washing of the feet.

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March was a vibrant month filled with celebration and meaningful connections! Our Carnival cum Jubilee on March 8th brought joy and togetherness. We were honored by our National Leader's insightful visit and bid a fond farewell to the Satya Nilayam Brothers. Welcoming students from Vidya Sagar and participating in the Probus Club Day enriched our community. An intern's transformative experience highlights the profound impact of our work and the power of collective kindness.

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Sagayamary

COMMUNITY LEADER,
ASHA NIKETAN CHENNAI





Carnival / Jubilee Celebration – March 8

A vibrant and joy-filled day as we celebrated the Carnival cum Jubilee on March 8, marked by colourful festivities, lots of games, food stall, and a spirit of togetherness.



Visit of National Leader – Formation & Mandate review:

We were honored by the visit of our National Leader, who enlightened us on the community mandate and shared profound insights with our caregivers, inspiring us in our mission..

Farewell to Satya Nilayam Brothers

With gratitude and affection, we bid farewell to the Satya Nilayam Brothers as they completed their ministry journey with us. May their path ahead be filled with grace and purpose.



Students and Teachers from Vidya Sagar school visited our community as part of their fieldwork.





We were delighted to accept the Probus Club's invitation to their Club Day, where we set up a stall and raise donation.



MR ALEX AN INTERN FROM LOYOLA COLLEGE

Spending a month working with Asha Niketan Chennai, for my internship, has been profoundly eye-opening and rewarding and nothing short of a transformative experience

From day one, I was welcomed into their family, a passionate and dedicated community of individuals committed to creating a meaningful impact to the society and the world. They have made such a huge impact on my life, the way I see the world, changing my perspective. It was indeed a meaningful journey and which I encourage everyone to experience this at least once in their life.

Each day brought new lessons - whether it was just carrying out daily activities, like games, singing and dancing, facilitating workshop tasks, or directly engaging with the people whose lives Asha Niketan strives to improve and many more with a diverse and wonderful team, or simply even sharing a conversation, it taught me the importance of empathy, patience, adaptability and it broadened my perspective. Beyond the work itself, the bonds I formed with fellow volunteers, staff, and community members, have left a lasting impression, reminding me that even in the face of adversity, there is always room for kindness and progress.

My time with Asha Niketan has reinforced my belief in the power of collective effort, and I am grateful for the opportunity to contribute, even in a small way, to a cause that truly matters.



We warmly welcomed Srinivasa Prasad, our new Day Core Member, to the community. He wanted to gain experience outside his home, and he is very happy to be working here as part of the day core team.



We are delighted to welcome another Day Core Member, Sabu Thomas. He is a kind and lovable person who truly enjoys spending time with his friends in the community.

Farewell to the students from Patrician College. We sincerely thank and appreciate their involvement and the way they warmly connected with our core members and the entire community. We are grateful for the meaningful activities and wonderful program they organized for us. We pray for their success in their future studies and wish them a healthy and bright future.



Birthday Celebration

We joyfully celebrated our birthdays together! We prayed for one another, cut the cake, exchanged gifts, and danced with happiness. It was a beautiful time of sharing and togetherness.

We celebrated a meaningful Washing of the Feet in our community—a profound symbol of humility, service, and love. This act serves as a visible expression of servant leadership, reminding us of the importance of putting others first. It is a powerful gesture that transcends differences and affirms the equal dignity of every person.



Ms. Lozilo, the former Community Leader, has been an outstanding figure whose mentorship, guidance, and support significantly contributed to the community's growth and success.

Her innovation, collaboration and unwavering commitment helped the betterment of the community.

The community expresses a sincere and heartfelt thanks and gratitude to her selfless service.

Thank you Ms. Lozilo for being an outstanding leader and making a positive impact in the community.



We are deeply grateful to Mr. Aswin for his support towards the well-being of our core members. Your contribution is a significant support to our community.



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March bursts forth with vibrant celebrations and fresh beginnings! This month, we joyfully embrace the spirit of togetherness, highlighted by the colorful festival of Holi. As spring breathes new life into our surroundings, we come together to celebrate unity, diversity, and the promise of new possibilities. Join us in cherishing our bonds and creating beautiful memories this March & April!

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Smritikana Mondal

COMMUNITY LEADER,
ASHA NIKETAN KOLKATA





Holi celebration in our community has always been a vibrant celebration fostering inclusion, sensory engagement, and emotional well-being. The colors, music, and communal activities create belonging, encourage socialization, and strengthen bonds. Beyond the fun, it offers sensory stimulation, promotes self-expression, and provides therapeutic stress release, making it a memorable, empowering, and culturally enriching experience for everyone.



Asha Niketan Kolkata is committed to promoting inclusion and sustainability through curated exhibitions of handcrafted products made by individuals with intellectual disabilities. These initiatives generate essential revenue while showcasing their skills and creativity. Additionally, inclusive outreach programs featuring cultural performances, such as drama and music, by our members help raise awareness and foster meaningful community engagement.

Formation help assistants strengthen and cultivate their professional and spiritual well-being. Br. Christuraj had guided us in setting goals and planning the steps needed to achieve them..



We visited our workshop core member Pappu's home to enquire about his well being. He was in good spirits and happy to see us.

The outreach sections of Asha Niketan, home to individuals with severe intellectual disabilities, joyfully celebrated Holi. With vibrant colours and cheerful hearts, the festival brought love, peace, togetherness, and a deep sense of inclusion. It was a beautiful reminder that every person, regardless of ability, deserves to feel celebrated and believe in their own worth.



This April, Asha Niketan Kolkata celebrated Bengali New Year (Poila Boishakh). The day was marked by music, dance, traditional food, and vibrant decorations crafted by members. Everyone participated enthusiastically in colorful attire, highlighting how cultural celebrations foster unity, belonging, and inclusion. Such moments strengthen bonds and embody the spirit of joy at Asha Niketan.



On April 8, 2025, our members had the thrilling opportunity to attend a live IPL match featuring KKR at Eden Gardens, Kolkata. We are incredibly grateful to the Like-Minded Welfare Association, Kolkata, for making this unforgettable experience possible. The photographs perfectly convey the joy and excitement our members shared.

This month, Asha Niketan Kolkata warmly welcomed new volunteers from DSW, NCE, Jadavpur University, and Brothers from Dyanashram. Their presence brings fresh enthusiasm and strengthens our mission of serving persons with intellectual disabilities. These volunteers are forming meaningful relationships with our members, engaging in mutual learning and companionship. Their commitment enriches daily life, fostering a community where everyone belongs through presence, patience, and shared humanity.





At Asha Niketan Kolkata, the recent Washing of the Feet ceremony powerfully reinforced our commitment to humility, respect, and shared humanity. This meaningful tradition brought together assistants and core members in mutual care, with each act symbolizing the dignity and value of every person, particularly those with intellectual disabilities or from orphaned and economically disadvantaged backgrounds. This gesture, rooted in love and service, continues to inspire our community and daily relationships.



Asha Niketan Kolkata recently welcomed our National Leader from FMR, a deeply anticipated annual visit. Her presence brought warmth, encouragement, and a sense of value to our entire community, impacting both members and assistants. Through conversations, shared meals, and reflections, she offered gentle guidance and heartfelt affirmation, leaving a lasting impression. Her visit renewed our collective spirit, reinforcing our connection to the L'Arche family and empowering our daily life and work.

Asha Niketan Kolkata bids a heartfelt farewell to M/s Sutapa Paul, affectionately known as Rakhi di, who retires after 33 years of dedicated service as an Assistant and special educator. Rakhi di was a pillar of strength and compassion, supporting our members. Her unwavering commitment, gentle presence, and deep care have left an indelible mark. We celebrate her legacy of love, patience, and tireless service, which will continue to inspire us. We wish Rakhi di peace, joy, and fulfillment in her new chapter.





We warmly welcome Ms. Hiramati Das to the Asha Niketan Kolkata community! Her presence brings fresh energy and a strong commitment to our mission. We look forward to working together to create a more inclusive and compassionate environment.

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March/April was a busy month filled with community engagement and support. Our members showcased their talents at the Cooperative College EXPO, while the Dileep Fans Association generously donated 1000 liters of water. Our leader joined the Chennai community's 50th-anniversary celebrations. We also received a touching donation from Kerala Gramin Bank and celebrated former leader Mr. Kunhikanaran's birthday. Finally, we're thrilled to announce the successful renewal of our certification! Read on for more details.

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Jyothy Susan Joseph

COMMUNITY LEADER,
ASHA NIKETAN NANDIBAZAR



The community actively participated in the EXPO organized by the Cooperative College, Vadakara, on March 4th. The event served as a platform for core members of the community to present their skills, participate in various competitions, and conduct an exhibition.



In a commendable act of social responsibility, the Dileep Fans Association of the Quialandy area stepped forward to support the community by distributing 1000 liters of water for daily use.



On March 8th, the community leader visited the Chennai community to take part in their grand 50th Anniversary celebrations. The event was marked with joy, unity, and cultural pride. As part of the festivities, our leader also participated in their vibrant carnival by setting up a stall showcasing our community's products.



Kerala Gramin Bank employees donated a substantial amount in memory of their colleague, Mr. Arun K. Krishnan, on his first death anniversary. This generous contribution was used to purchase essential items like ceiling fans, a stove, a steel cooker, and utensils for the community, honoring his kind nature and supporting our daily needs.



The AN Nandi community underwent its official certification renewal inspection by Mrs. Naseema of the Orphanage Control Board on March 15th. Following the submission of the report on March 19th, we are delighted to announce the successful approval of our certification renewal and await the official certificate. This achievement underscores our dedication to high standards of care and transparency.



On March 15th, the community celebrated the birthday of former leader Mr. Kunhikanaran with heartfelt tributes and shared memories of his lasting contributions. All members participated, reflecting the deep respect and admiration for his enduring legacy.





We are deeply saddened to announce the passing of Mr. Vellanthodu Narayanan, a cherished friend and well-wisher of Asha Niketan, on April 3rd. Community members paid their respects, remembering his vital support during Asha Niketan's formative years. Mr. Narayanan's contributions, including his command of English, translation skills, mediation efforts, and dedication as an environmentalist, will always be deeply appreciated.



On April 4th, six core members and three assistants from Asha Niketan visited the historic Pisharikavu Temple festival. They actively participated in the vibrant festivities, engaging with local traditions, making small purchases from stalls, and witnessing the majestic temple elephant. The visit offered a meaningful cultural experience, with the group appreciating the temple's rich heritage and the community's festive spirit.

On April 7th, students and teachers from Sree Narayana College of Education, Mahe, spent a day at Asha Niketan. As part of their experiential learning, they organized an entertainment session with music and performances, followed by an interactive session, bringing joy and laughter to the core members. The visit was a memorable and enriching experience for all, emphasizing empathy, learning, and social bonding.



The All Kerala Dileep Fans and Welfare Association, Koyilandy Area Committee, celebrated Vishu with their "Vishu Kaineettam 2025" event. Cine artist Ms. Remya Vineeth (of Kozhikode Angadi fame) was the chief guest. The association fully sponsored the event, distributing Vishu Kaineettam and generously donating groceries and vegetables to the community. It was a heartwarming blend of cultural celebration and community service.



On April 10th and 16th, community assistants visited the homes of outreach members to deliver essential supplies, including medicines, diapers, Horlicks, and other necessities.



The community came together on April 11th to celebrate Vishu with traditional fervor and spirit. The day began with the setting of the Vishu Kani, a symbolic arrangement meant to bring prosperity and good fortune, followed by the distribution of Vishu Kaineettam to all members.





The community warmly welcomed Ms. Bibina Shaji, who officially joined the community on April 14th as part of internship. Her arrival was marked with a warm reception by the existing members, reflecting the spirit of inclusivity and support. Ms. Bibina's presence is expected to further strengthen the community's efforts and contribute positively to its ongoing initiatives.

A medical camp was successfully conducted on April 21 at our community, led by Dr. Zafar Iqbal, Medical Officer at the Family Health Center, Vanimel. The camp was organized through the efforts of our Governing Council member, Mr. K. Jayaraj.



On April 30th, Asha Niketan bid a heartfelt farewell to Ms. Arya K B, who served as the community transportation assistant for 18 months. Her dedication, warmth, and support were integral to daily life. The community expressed deep appreciation and gratitude for her contributions, wishing her the best in her future endeavors.



Thank you!



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