

NOVEMBER - DECEMBER 2024

MONTHLY NEWSLETTER

Official Newsletter of FMR India

This issue:

Communications Coordinator

PAGE 02

From the desk of the President

PAGE 03

Asha Niketan Asansol

PAGE 05

Asha Niketan Bangalore

PAGE 9

Asha Niketan Chennai

PAGE 12

Asha Niketan Kolkata

PAGE 15

Asha Niketan Nandibazar

PAGE 19

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Across Asha Niketan communities, recent months have been filled with meaningful connections, cultural celebrations, and acts of compassion. From Bhai Phota and Tokhu Emong to vibrant rallies, exhibitions, and Christmas festivities, each event highlighted inclusion and joy. Heartfelt tributes, collaborative initiatives, and opportunities for self-expression strengthened our shared humanity. As we reflect on these moments, we are reminded of the unity and resilience that define our mission of fostering compassionate and inclusive communities.

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Subin Varghese

COMMUNICATIONS COORDINATOR
FMR INDIA



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December brings reflections on resilience and joy as we celebrate World Disability Day and Christmas. Our core members inspire us with their strengths, while our caregivers foster an inclusive environment filled with love and support. From festive lights to heartfelt celebrations, L'Arche and FMR India embrace the season's spirit. A heartfelt thank you to our readers, well-wishers, and volunteers—your dedication and generosity bring hope and make a lasting impact in our community.

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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

In the month of December, we celebrate World Disability Day. Let us remember that our core members are not defined by their disabilities, but by their abilities, their strengths, and their unique contributions to our community. They teach us the true meaning of resilience, perseverance, and the power of the human spirit. We also celebrate Christmas which reminds each one of us to decorate our homes with lights, decorate the christmas tree and cut cake. In many countries Santa Claus comes and brings a lot of gifts. L'Arche celebrates the season of christmas everywhere. At FMR India, we too celebrate the joy of Christmas. By celebrating festivals, our care givers create an inclusive and empowering environment where every core member feels valued, respected, and supported to reach their full potential.

I'd like to reach out and thank our dear readers, well-wishers and care givers and volunteers too. Your dedication, donation and compassion make a world of difference in their lives. Thank you all for your tireless efforts and for being a beacon of hope for our core members.

Warm regards



Dr Premanand M E
National President
FMR India.

The Artist with Cerebral Palsy

In a small village nestled amidst rolling hills, lived a young woman named Riya. Riya had cerebral palsy, which affected her motor skills and speech. Despite the challenges she faced, Riya had a vibrant spirit and a passion for art.

With the help of her caregivers and family, Riya discovered a unique way to express herself through painting. Using a specially designed brush that attached to her head, she would create stunning works of art that captured the beauty of the world around her.

Riya's talent did not go unnoticed. Her paintings were displayed at local exhibitions, where they were admired for their creativity and emotional depth. People were inspired by her determination and her ability to overcome obstacles.

Riya's story is a reminder that people with disabilities have the potential to achieve great things, if given the opportunity and support. They can enrich our lives with their unique perspectives and talents. Let us celebrate their abilities and work towards creating a world where everyone can thrive.

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At Asha Niketan Asansol, we've embraced moments that highlight love, unity, and inclusion. From Bhai Phota's celebration of sibling bonds to our performances at AG Church School, Salil Chowdhury's centenary, and St. Vincent's Athletic Meet, each event enriched our shared spirit. With MSW students joining us and a joyous Christmas celebration, we continue amplifying the leadership of persons with disabilities. Together, we create a brighter, inclusive future, cherishing every relationship and opportunity.

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Sibhasish Mondal

COMMUNITY LEADER,
ASHA NIKETAN ASANSOL





Bhai Phota celebrates the bond between siblings, reflecting love, care, and mutual respect—values that align closely with Asha Niketan’s mission. The traditional rituals of tika and blessings remind us of the importance of cherishing relationships, just as our community fosters inclusion and values each person. Together, these traditions and values strengthen the sense of unity and belonging in our shared life.

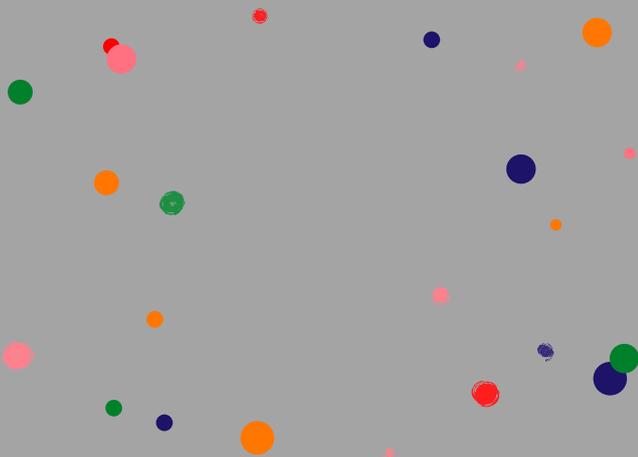
We, Asha Niketan, Asansol, were delighted to be invited to celebrate Children’s Day at Assembly of God Church School (<https://agasansol.org/>), Asansol. It was a joyful occasion where we had the privilege of performing a dance drama. We were deeply moved by the warm welcome, acceptance, and encouragement we received from everyone — the principal, teachers, and all the students. Their respect, love, and friendship touched our hearts. On behalf of the entire Asha Niketan family, we extend our heartfelt thanks and gratitude to AG Church School for making this day so special for us.



Our community had the privilege of participating in the day-long cultural program organized by the Salil Chowdhury Birth Centenary Celebration Committee. With heartfelt enthusiasm, we performed a vibrant dance, paying tribute to the timeless legacy of Salil Chowdhury, a renowned music director, songwriter, lyricist, writer, and poet. Our performance was a celebration of the richness of his artistic and literary contributions, which continue to inspire and resonate across generations.



Eight MSW students are pursuing their thirty-day fieldwork with us.





Celebrating International Day of Persons with Disabilities at Asha Niketan Asansol with the support of the community. Together, we amplify the leadership of persons with disabilities for a brighter future.



A Christmas celebration filled with joy and love at Asha Niketan! We shared laughter, music, and the spirit of togetherness. Merry Christmas!

On 7th December, Asha Niketan Asansol proudly performed and actively participated in the 84th Athletic Meet & Drill Display of St. Vincent's High & Technical School. The event provided a wonderful platform for our core members to showcase their abilities, teamwork, and enthusiasm. The school embraced the values of inclusion, respect, and dignity, ensuring that our core members felt valued and celebrated as an integral part of the event.



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At Asha Niketan Bangalore, the past months have been filled with meaningful moments and joyful celebrations. From showcasing our efforts at the Morgan Stanley exhibition to honoring the memory of V. Srinivas, our journey reflects our dedication to inclusion and care. Highlights include physiotherapy sessions, visits to the zoo, vibrant events at Jyoti Nivas College and Good Shepherd, and a heartwarming Christmas celebration. Together, we continue to foster community, connection, and happiness.

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Lilly Rose

COMMUNITY LEADER,
ASHA NIKETAN BANGALORE





A productive day at the Morgan Stanley exhibition on October 12th. We appreciate the opportunity to showcase our products/services and are pleased with the results.



Our core members received dedicated care from doctors on November 18th during their physiotherapy session. We're committed to their well-being.



We had a fantastic time hosting the GC Lawrence Lions Club today. They were incredibly generous in sponsoring lunch and enjoyed touring our workshops. We appreciate their support!





15-1-1954 to 25-11-2024

Remembering V. Srinivas ('Chikku'), the first core member of ANB, who joined on 7-12-70. REST IN PEACE.



Had a good time in good shepherd function core members were so happy to visit to see the dance program and singing etc

We went zoo and had a very good time there. We saw many animals and birds, as well as a variety of butterflies. We enjoyed a delicious lunch together, and since we all traveled in one bus, everyone was very happy.



Went to Jyoti Nivas college for a program our core members participated in dances and our assistant Ashwin sang a song on stage and we all had great time there

The Christmas program was a wonderful success! We decorated the community beautifully with a Christmas tree and a crib, enjoyed delicious food, and danced together. Our GC members and some core members' parents also joined us, making it a truly fantastic celebration.



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Asha Niketan Chennai embraced joy and connection through recent celebrations. The vibrant Tokhu Emong festival brought smiles as the Lotha community shared their rich traditions. Core members explored self-expression through symbolic activities, while a heartfelt Community Birthday Celebration fostered togetherness with laughter and cherished gifts. With the festive spirit in the air, we eagerly prepare for Christmas, spreading cheer and delight as we continue to celebrate the beauty of our shared humanity.

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Lozilo Kikon

COMMUNITY LEADER,
ASHA NIKETAN CHENNAI





The Lotha community from Chennai joined us to celebrate their vibrant Tokhu Emong festival, sharing joy and cultural traditions with our core members. It was a delightful day filled with fun and connection, leaving smiles all around!



Empowering Through Expression: Core Members Engaged in activities in a formation focused on Symbols.

MY HOUSE





Getting ready to spread some holiday cheer – from twinkling lights to festive delights, the Christmas spirit is in the air!"



Asha Niketan Chennai recently celebrated a vibrant Community Birthday Celebration, bringing everyone together for a joyful occasion. The event was filled with laughter, shared memories, and moments of togetherness. Everyone thoroughly enjoyed the celebration and cherished the thoughtful birthday gifts they received, making the day even more special.



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Asha Niketan Kolkata has experienced a season of vibrant connections and meaningful initiatives. From celebrating Bhaiphota with Jesuit Brothers and NGO partners to showcasing “Mukti” at South Point High School, inclusivity remains at our heart. Highlights include rallies for World Disability Day, cherished daycare outings, and collaborative visits, like the Azim Premji Foundation's team. The Christmas drama brought us together in festive joy, while every event reaffirmed our commitment to building a compassionate and united community.

”

Smritikana Mondal

COMMUNITY LEADER,
ASHA NIKETAN KOLKATA





The spirit of Bhaiphota came alive as we shared this cherished tradition with our brothers from NGO Howrah South Point, Jalpaiguri branch, and the Jesuit Brothers from Dhyan Ashram. A heartwarming gathering of love, care, and unity that strengthens our bonds and honors the spirit of togetherness.

We were honored to be invited by South Point High School to their inclusive Inter-School Competition, where we proudly showcased our drama "Mukti". We sincerely thank them for this opportunity and their commitment to promoting inclusivity



Mr. Arun Bhattacharya, the Secretary of South Point 66 Social Welfare Society, along with his team, visited our community to meet with our Chairman, G.C member, and admin team. The purpose of this meeting was to discuss fundraising initiatives and potential future collaborations. His visit was highly significant for our community.

We are truly grateful for the selfless contributions of Brothers Amiel, Antonysamy, and Savariappan from the Jesuit novitiate at Dhyan Ashram, who have shared their time and lives with us over the past month. We extend our heartfelt thanks to their in-charge for facilitating this meaningful exchange every year.



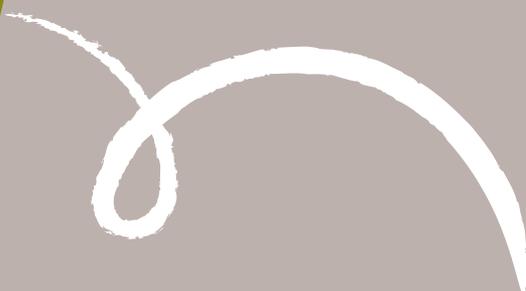
World Disability Day on 3rd December : We organized a colourful rally with our members. Regional schools students, clubs & local people actively participated to celebrate & honor the occasion as part of social awareness & sensitization Campaign to create a more inclusive & welcoming world. Senior officers from Tangra P.S inagurated the rally.



Christmas Drama has always been an integral part of community life. Our members, Invitees, had a wonderful time together participating in this joyous celebration together.



Azim Premji Foundation: A visit by the financial team (due diligence) was held on 23rd Dec. We are hopeful of a favourable outcome





Interactive & Inclusive visits from the teacher & students of Purbanchal High Schools. It was truly a wonderful & cherished experience for us.



Daycare outings greatly contribute to the psychological and emotional well-being of children with intellectual disabilities. These activities promote social interactions, increase awareness of their needs and aspirations, and help integrate them as valued members of society. Together, we can build a more inclusive and compassionate community.



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Asha Niketan Nandi Bazar embraced moments of reflection, compassion, and celebration. From honoring late Jayamithran and Lancy to vibrant gatherings for Children’s Day and International Day of Persons with Disabilities, our community shone brightly. Events like the collaborative exhibition, Special Olympics, and visits from NSS students and Scouts fostered inclusion and joy. Heartwarming gestures, like Mrs. Heera Nettoor’s generosity, added meaning, while our retreat and cultural activities strengthened bonds, showcasing the spirit of unity and resilience.

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Jyothy Susan Joseph

COMMUNITY LEADER,
ASHA NIKETAN NANDIBAZAR





Honoring the memory and legacy of late Jayamithran on his 16th day death anniversary. A heartfelt gathering of GC, AGM members, and staff reflected on his remarkable life, impact, and contributions through prayers, tributes, and moments of silence.

Deepening our understanding of symbols. The formation session saw enthusiastic participation from 15 core members and 5 staff of the ANN community. A day of learning, reflection, and growth!



A collaborative exhibition by the Kiliyanad Residence Association, NSS unit of IHRD College, and the community, held on 9th November 2024 at IHRD College. Grateful for the visionary leadership of Mrs. Jayasree Kallat, GC member, who made this event a success.



On her birthday, Mrs. Heera Nettoor, former GC member, generously donated dresses to outreach members. Her inspiring act of compassion made the day meaningful for many. The community extends heartfelt thanks to Mrs. Nettoor for her benevolence.



Katherine Babu, one of our core members, graced the community with a heartfelt visit on her birthday after a long time. Joined by her mother and siblings, her presence brought joy, nostalgia, and cherished memories to all.



The community marked Children's Day with a vibrant rally, honoring the joy and innocence of childhood. Core members brought history to life by dressing as Jawaharlal Nehru and Mahatma Gandhi, adding a special touch to the occasion.



The community came together to honor Heera Mam, our beloved former GC member, on her special day. She spread warmth by gifting dresses to core members and staff, fostering a spirit of togetherness. The event featured heartfelt speeches, cultural performances, and a memento presented to Heera Mam as a token of our deep appreciation.

The Scouts and Guides from Sacred Heart School, Payyoli, brightened our day with vibrant cultural performances and thoughtful gestures. Their visit, complete with the distribution of essential items, reminded us of the power of compassion and community connections.



A group of 35 students from the NSS unit of Malabar Medical College recently visited the community, spending quality time with the core members. The students engaged in interactive session and bonded with the community members.

The community mourns the loss of Mr. Lancelot L. C. Amon, a beloved senior member affectionately known as Lancy, who passed away on December 15, 2024. Lancy's radiant smile and kind spirit touched the hearts of everyone he encountered.

While his passing leaves a profound sense of sorrow, there is also a deep appreciation for the love and care he received from the community throughout his life. This support not only enriched Lancy's life but also strengthened the bonds within the community itself.

As we remember Lancy, we cherish the joyful moments shared, the valuable lessons learned, and the extraordinary love he freely gave. Though our hearts are heavy, we celebrate the life of this remarkable individual who brought joy to our days.



Ganakairali Retreat 2024: A day of music, joy, and community spirit. Singers united to share their passion.



Celebrating International Day of Persons With Disabilities with joy & resilience! Despite the weather, our community shone, embracing inclusivity and togetherness.



Spreading holiday cheer at Sacred Heart School! Community members brought joy to the children on December 20th.



Community shines at Special Olympics! Core members excelled in various events, demonstrating incredible talent and sportsmanship.



Thank you!



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