

APRIL-MAY 2024

# MONTHLY NEWSLETTER

Official Newsletter of FMR India

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Greetings from Asha Niketan! April and May marked significant milestones for our vibrant community. We unveiled our Pre-vocational Training Center, celebrated "বর্ষবরণ উৎসব -১৪৩১" with mesmerizing performances, and honored Tagore's legacy. Esteemed guests joined us as we progressed towards our dream of acquiring land and a residential building. Our summer was filled with outreach efforts, internships, and joyful community activities. We embraced inclusivity with SANDESH, welcomed new members, and expressed gratitude for generous support. Join us in celebrating our community's achievements, fostering connections, and spreading kindness.

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## Subin Varghese

COMMUNICATIONS COORDINATOR  
FMR INDIA



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In April 2024, I visited Asha Niketan in Asansol and Kolkata, experiencing their thriving communities firsthand. Warmly welcomed by Sibashish, I explored their vegetable garden and met dedicated caregivers. Highlights included a parents meeting, discussions with Christian Brothers, and a spiritual session with Tiwari da. In Kolkata, I engaged with leaders Smritikona and Subir Bose, witnessing their vibrant initiatives. The dedication of leaders and Bharati Gopalakrishnan's support are key to their success.

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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

During summer, April 2024, I visited Asha Niketan in Asansol as part of my Community visit.. The Community leader Sibashish warmly welcomed me. He showed me around their thriving vegetable garden and met with caregivers, discussing their impactful work. A parents meeting highlighted the positive influence of Asha Niketan's caregivers. Subin Varghese, National Communications Coordinator documented the visit for the FMR website. We also met with Ravi Victor and the Christian Brothers. A board meeting addressed community concerns and future plans, followed by a spiritual discussion with Tiwari da.

In Kolkata, I witnessed vibrant activity, including house painting. I had productive talks with community leader Smritikona and Chairman, Subir Bose, learning about their diverse initiatives and the progress in Thakurbadi house. A team meeting allowed caregivers and core members to share their experiences. Both communities are thriving, thanks to the dedicated leadership of CLs and the support of Bharati Gopalakrishnan, National Leader.

Warm regards



Dr Premanand M E  
National President  
FMR India.



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Greetings from Asha Niketan! April and May were marked by fruitful collaborations and generous contributions. We hosted visits from Happiest Mind Technologies and the Association of People with Disabilities, fostering new partnerships. TransUnion CIBIL Limited donated an LED TV to Asha Niketan Chennai, enhancing our inclusivity efforts. Join us in celebrating these milestones and our community's continuous growth.

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## Bharathi Gopalakrishnan

NATIONAL LEADER,  
FMR INDIA



## Visit by Happies Mind Technologies

On April 15, 2024, Mr. Prithviraj, Lead of Global Sustainability, Environment, and CSR, and Mr. Prajwal, Executive-People Practice, from Happiest Mind Technologies visited FMR India at Asha Niketan Bangalore. They discussed potential collaborations and assessed ongoing initiatives. Mr. Prithviraj expressed interest in volunteer engagement, supporting market events, and skill development for core members.



Mr. Prithviraj 3rd from Left and Mr. Prajwal 4th from Left with Core Members

## Visit by Association of People with Disabilities

On April 16, 2024, Mr. Raghu and Mr. Manjunath from the Association of People with Disabilities (APD), a renowned national NGO for horticulture and agriculture for people with disabilities, visited FMR India at Asha Niketan Bangalore. They discussed potential collaborations for horticulture and garden initiatives at Asha Niketan Asansol, Nandi Bazar, and Chennai.

During the meeting, they also had an online discussion with our community leaders, Mr. Sibashish from Asha Niketan Asansol and Ms. Lily from Asha Niketan Nandi Bazar. The visiting team was very pleased with the work of Asha Niketans and assured possible collaboration.

## LED TV Donation by TransUnion

TransUnion CIBIL Limited is a credit information company donated LED TV to Asha Niketan Chennai. This contribution will greatly enhance disability inclusion efforts by providing individuals with intellectual disabilities access to educational and entertainment content.

Mr. Mangal Nates Senior Manager Transunion was instrumental in this entire process.



Mr. Rahu and Mr. Manjunath with Mr. Charles at Asha Niketan Bangalore

## Core Members of Asha Niketan Chennai with Television Set



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**Highlights from FMR India, Asansol Community**

April and May marked the unveiling of our Pre-vocational Training Center, setting new goals across our community. We joyously celebrated "বর্ষবরণ উৎসব -১৪৩১" with mesmerizing dance performances. May honored Tagore's legacy with cultural pride. We welcomed esteemed guests and progress towards our dream of acquiring land and a residential building. Summer brought outreach efforts, internships, and delightful community outings, including making futchka and Aam Bata. Join us in celebrating our vibrant community and its achievements!

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**Sibhasish Mondal**

COMMUNITY LEADER,  
ASHA NIKETAN ASANSOL





In April, we entered an auspicious new phase. Following the comprehensive annual evaluation of our core members, we proudly unveiled our Pre-vocational training center. Our core members commenced their activities with renewed purpose, establishing new goals across the Day-care, Workshop, Garden, and Pre-vocational unit.

We joyously celebrate “বর্ষবরণ উৎসব -১৪৩১” (BENGLI New Year-1431) in our community on April 14th. Our talented core members take center stage, enchanting us with their mesmerizing dance performances. Joining them in the celebration, Gandharv Kala Sangam, Uday Kalpo, and Swadesh Bikash Kendro add to the spectacle with their own captivating dances. Amidst the gathering of both familiar faces and new friends, we immerse ourselves in the vibrant spirit of the occasion, forging unforgettable memories together.







Celebrating Rabindra Jayanti on May 8th, we honored Tagore's legacy with joy and cultural pride at Asha Niketan through a special performance, marking his 163rd birthday.



We were delighted to welcome Dr. Premanand M E, President of FMR India, and Mr. Subin Varghese. Their visit was greatly enjoyed, and we are thrilled that our dream of acquiring our own land and residential building is near fulfillment.

During summer vacation, outreach in-charge Rahul Kumar Paswan and volunteer Paromita Sinha conducted a survey to reach more intellectually challenged individuals. We successfully connected with many and anticipate expanding our outreach and day program members.





We welcome three interns from various universities and degree programs!



This summer vacation was a refreshing break filled with joy and delightful experiences. One of the highlights was a community outing that brought everyone together. We made and ate puchka, a popular street food. We also made Aam Bata, a traditional mango delicacy. Made from raw mangoes, this sweet and tangy treat was a perfect way to beat the heat.



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**Highlights from FMR India, Bangalore Community**

We celebrated inclusivity with SANDESH, welcomed Anjineyulu with open arms, and expressed gratitude to Dr. Rashi Jaiswal for her generous dental checkup.

Mrs. Ancy Bobby's home gathering brought smiles and camaraderie. Here's to fostering connections and spreading kindness in our vibrant community.

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**Charles**

COMMUNITY LEADER,  
ASHA NIKETAN BANGALORE





SANDESH a like minded NGO who works on the similar area had visited our community to celebrate inclusivity and share a relationship that sees no limits.



We express our gratitude to Dr. Rashi Jaiswal of Smile Redefine Clinic for her generous visit and the complimentary dental checkup she provided.



ANJINEYULU, 27 years old has joined us this month. He seems to be very active and full of energy. We welcome and wish him to have the best times in our community.

Mr. Karthik and Mr. Pradeep from Spire Technologies, our regular donor visited the community after a long time. Gratitude for their presence and support !!



Mrs. Ancy Bobby our day program staff invited a few members to her home. It was a wonderful moment of bonding and sharing and their smiles says it all.



"Celebrating Workers Day' with Art and Unity! Mr. Srinivasan's wonderful drawing brought us joy and meaning on this special day. Here's to creativity and togetherness!

"Reunited with Joy! On May 4th, our beloved former assistant Ms. Hema visited the community, bringing smiles and happiness to all core members and assistants.



On May 31st, we were delighted to host 6 students who celebrated their friend's birthday with us. They brought joy with cake cutting and gifted drawing books to all core members.



"Welcoming Friends with Joy! On May 11th, we warmly hosted Friends of Camphill India with flower mandala making, a shared meal, and a vibrant cultural program. A meaningful and happy gathering celebrated our shared values and friendship.

On May 16th, Mr. Tewari led a wonderful meeting, providing our team of assistants with valuable insights into their personal journeys.



Celebrating Birthdays in April and May! Our community came together for joyful birthday festivities, making unforgettable memories.



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**Highlights from FMR India, Chennai Community**

Greetings from Asha Niketan Chennai! This month was filled with heartfelt farewells, community visits, and memorable outings to the Snake Park and Gandhi Mandir. We cherished moments of unity honoring Mrs. C. A. Philomina and celebrating L'Arche's 60th Anniversary virtually. Our gratitude extends to Chettinad Hospital for their medical camp, enhancing our community's well-being. We welcome Sumaiya, she is thriving in our workshop, embodying the spirit of love and hospitality. Join us in celebrating community milestones and heartfelt connections.

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**Lozilo Kikon**

COMMUNITY LEADER,  
ASHA NIKETAN CHENNAI





On the 30th, we held a heartfelt farewell program for one of our assistants, Ms. Tenzin. We will miss her dearly.



Mr. Subin, our Communication Coordinator, visited our community with his friend and spent two days with us. The community was delighted by their visit.



We were delighted to host two foreign volunteers from the Kerala community Ms. Naomi and Ms. Maud, who spent time with us for three days. Thank you for your support and for visiting our community.

Mr. Chelladurai, along with members of St. Anthony Church, joined our community to honor HIS WIFE's death anniversary Mrs. C. A. Philomina. They organized a warm fellowship and generously sponsored dinner. We shared a wonderful time together, celebrating her memory with unity and joy.



During our vacation, the core members went for an outing to the Snake Park and Gandhi Mandir. We had a fantastic time exploring and seeing various kinds of Reptiles . After enjoying the attractions, we shared a delightful lunch together before departing.



Celebrating the 60th Anniversary of L'Arche in France virtually brought immense joy to us! Despite unforeseen circumstances preventing our physical presence, our spirits were high as we participated online. Heartfelt thanks to the International for inviting us to this momentous occasion. We hope the celebration was as memorable for everyone as it was for us, marking a significant milestone in L'Arche's history.

Medical Camp by Chettinad Hospital  
We extend our gratitude to Dr. Sobia and her team from Chettinad Hospital for conducting a general psychiatric check-up in our community.



Sumaiya, 25 years old, has been with Asha Niketan for three months and is thriving in our community. Her mother expresses deep gratitude to us for caring for Sumaiya as lovingly as a mother would. Sumaiya enjoys her work in the workshop, and her smart, hospitable, and friendly nature has endeared her to everyone. She truly loves being part of the Asha Niketan family.





**Highlights from FMR India, Kolkata Community**

Celebrating diversity and unity, Asha Niketan Kolkata embraces cultural festivals like the Bengali New Year, symbolizing resilience and new beginnings. We honor Rabindranath Tagore's legacy with cultural events, while recent achievements include participation in 'Natyosrijoni' and the L'Arche International 60th Anniversary. We mourn the loss of Md Wasim our beloved member. We also welcomed Dr. Premanand M. E. and Mr. Subin Varghese. Join us in fostering community dialogue and environmental stewardship for a brighter future.



**Smritikana Mondal**

COMMUNITY LEADER,  
ASHA NIKETAN KOLKATA



India celebrates a myriad of cultural festivals, each brimming with diversity and joy. Among these is the Bengali New Year, a vibrant occasion symbolizing new beginnings and leaving past sorrows behind. It's a time for warmth and enthusiasm as people come together, showcasing resilience and unity through colorful festivities. As another year starts, the essence of this celebration reminds us to embrace change and anticipate a brighter future.



"Parents' meetings are a platform through which we can arrive at right decisions by discussing the pros and cons of various options. This collaborative approach allows us to walk together towards our goals. We believe that guardians are true pillars of the Asha Niketan family; their contributions to every success are undeniable."

Formation enables us to acquire new knowledge and enrich ourselves, contributing to the advancement of our community. Recently, our community organized a formation on "Communication" led by psychologist Dr. Sheila Banerjee. She provided valuable guidance that aided in the development of this initiative, which helped us move forward.





In a time when global warming is on the rise, our friend's gesture of planting a tree in our community garden to commemorate his birthday holds particular significance. It serves as a reminder of the urgent need to protect our environment and combat climate change. Such actions, small though they may seem, contribute to the larger effort of preserving our planet for future generations."



Honoring Nobel Laureate and Bengali global icon, Rabindranath Tagore. We had cultural events, poetry recitations, and songs that showcase his lasting legacy. A significant occasion in West Bengal, Bangladesh, and among the global Bengali diaspora, Tagore's works continue to inspire people worldwide.

Honored to participate in a government-sponsored cultural program by 'Natyosrijoni'. We received a special mention in their monthly magazine and a memento in recognition of our participation.





Participated in the L'Arche International 60th Anniversary Celebration virtually, enjoying the event on a large screen. Congratulations on their 60 years of success!



Honored to welcome our esteemed President, Dr. Premanand M. E., and Communication Coordinator, Mr. Subin Varghese. Our members gave them a warm reception!

Mourning the loss of our beloved member Md Wasim. May his soul rest in eternal peace.



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**Highlights from Nandibazar Community**

This month, we celebrated Vishu, witnessed Mr. Ajith vote in the 2024 elections, and welcomed new outreach member Ms. Haseena. Our PVT Center initiated banana fiber and coconut shell craft projects, led by Mrs. Lakshmi. We acquired new land in Peringalam, marking a significant milestone. Celebrations included Lancyettan's 83rd birthday and creative sessions with Kanaga and Murali. Parents' meeting ensured support with Dr. Sreekumar's home counseling visits.

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**Lilly Rose**

COMMUNITY LEADER,  
ASHA NIKETAN NANDIBAZAR





Vishu, the traditional new year in Kerala, is a time when the state comes alive with vibrant and colorful festivities, traditions, and delicious cuisine. This festival marks the beginning of a new year according to the Malayalam calendar.



Kanaga is having a pleasant evening, indulging in drawing pictures.

One of our core members, Mr. Ajith, has been granted the opportunity to vote in the 2024 Indian elections. He was thrilled to have this chance and felt a sense of inclusion in the political leader selection process.



Murali is attending a routine Medical check-up. During the appointment, he shared various thoughts with Dr. Balanarayanan, who provided advice on certain matters. Murali was very cooperative throughout the session.



Asha Niketan Nandi Bazar organized a parents' meeting this month aimed at fostering understanding and involvement in various activities and dialogues. During the meeting, parents expressed challenges they face with their intellectually disabled child. In response, we assured them of sending a doctor to their home for counseling. Dr. Sreekumar, a psychiatrist, will visit them at least once, and he has already met with some of them.



**Outreach Visits**



HAPPY  
*BirthDay*

Lancyettan marked his 83rd birthday by receiving communion from a priest.



Ms. Haseena, sister of our day scholar core member Afshad, has joined our Asha Niketan family as an outreach core member. We extend a warm welcome to her.

Thrilled to announce the acquisition of new land in Peringalam, near Kozhikode city, for our second community in Nandi Bazar. A dream come true! On May 15, 2024, a team of five core members and five assistants visited the new property, exploring the exciting new space with great enthusiasm.



The PVT Center has initiated a new project: creating products from banana fiber. Mrs. Lakshmi M., our vibrant and talented in-charge, attended a training session by Mrs. Sheeja Sasi in Manjeri on May 16, 2024.

Inspired by her training, Mrs. Lakshmi proposed producing banana fiber in-house, making her an invaluable asset to Asha Niketan, Nandi Bazar. She also initiated coconut shell crafts with the PVT Center members, Athira and Vismaya, who are keenly involved. The community eagerly awaits their impressive final products!







*Thank you!*



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