

MAY 2023

# MONTHLY NEWSLETTER

Official Newsletter of L'arche FMR India



## Shining Spirits

SUBIN VARGHESE,  
COMMUNICATION COORDINATOR

Greetings, dear readers,

Welcome to the May 2023 edition of the L'Arche FMR India Monthly Newsletter! In this issue, we bring you the latest updates, insights, and stories from all our communities around India. Join us as we explore the growth, achievements, and remarkable initiatives of L'Arche FMR India. Let's dive into the world of 'Asha' and embrace the opportunities that May has in store for us.

Warm regards,

The L'Arche FMR India Team



Core Members from L'Arche Kolkata engaged in activities

## This issue:

Shining Spirits

PAGE 01

From the desk of the  
President

PAGE 02

FMR India

PAGE 03

Asha Niketan Asansol

PAGE 04

Asha Niketan Bangalore

PAGE 05

Asha Niketan Chennai

PAGE 06

Asha Niketan Kolkata

PAGE 07

Asha Niketan Nandibazar

PAGE 08



# From the desk of the President, L'Arche FMR INDIA

BY DR PREMANAND M E

I am delighted to witness the reactivation of all five communities in India after a prolonged hiatus. Having personally visited each community, I can attest to the strong sense of togetherness that prevails. This reunion brings together a total of 1000 members, including 260 individuals with and without intellectual disabilities. To further foster unity, a newsletter has been established to serve as a vital link between the communities. Additionally, support is provided to people with disabilities through residential and day activity programs, as well as outreach initiatives aimed at assisting their families. Undoubtedly, the community leaders are making dedicated efforts to showcase the best in their respective communities.

A recent event was organised in Bangalore from May 23rd to May 27th, 2023, aimed at training present and future community leaders. Several sessions were conducted by field experts, covering diverse topics such as conflict management, leadership styles, and time management. A follow-up session is scheduled for the end of July. I would like to express my gratitude to Bharathi Gopalakrishnan, the National Leader, for her proactive role in organising the event, as well as Himel Ruparel, GC AN Chennai, for facilitating a session.



The L'Arche Federation Assembly is currently taking place from June 20th to June 24th, 2023. As an online event, it allows every core member and GC member the opportunity to participate. Eligible members will also cast their votes for the new Charter, Mandate, and transition plan. The event is showcased in a beautifully designed poster by Subin Varghese, our Communications Coordinator, featuring the delegates who are prepared for this momentous occasion. I extend my sincere appreciation to the community leaders, caregivers, and core members for transforming this event into a reality. Watch out for more interaction, pictures, events in the coming issues.

Warm regards

Dr Premanand M E  
National President  
L'Arche FMR India.



With AN Nandi Core members and volunteers during an official visit





## FMR India

BY BHARATHI GOPALAKRISHNAN

### Leadership Capacity Building

ORGANIZED BY FMR INDIA

A successful leader's training camp was conducted in Bangalore from 22nd to 26th May, aimed at equipping community leaders and caretakers from all Asha Niketan Communities. The event, organized by Ms. Bharathi, National Leader of FMR India, encompassed a diverse range of activities. Participants were inspired through motivational talks, received valuable orientation, and engaged in fun-filled exercises. The camp fostered a sense of unity and knowledge-sharing among the attendees, empowering them to lead and care for their respective communities effectively.



Congratulations, Mr. Subin Varghese,  
on joining FMR India as Communications Coordinator!  
We are thrilled to have you onboard and wish you the very best in your new role.







## Asha Niketan Asansol

BY SIBASISH MONDAL, COMMUNITY LEADER

All the Core members and Assistants are doing well and are in good health. As usual in the house Core members and Assistants are living happily by following house routine.



Core Members of L'Arche Asansol engaged in Group Prayer



Vegetable Cultivation in progress



Morning prayers - the family that prays together, stays together.



Core Members engaged in garden activities



Seriously engaged in activities





## Asha Niketan Bangalore

BY CHARLES PINTO, COMMUNITY LEADER

The year 2023's voting at Asha Niketan Bangalore was successfully completed on 8th May, with active participation from our core members and assistants. The occasion was celebrated with a joyful birthday event, bringing together the community for a memorable gathering.

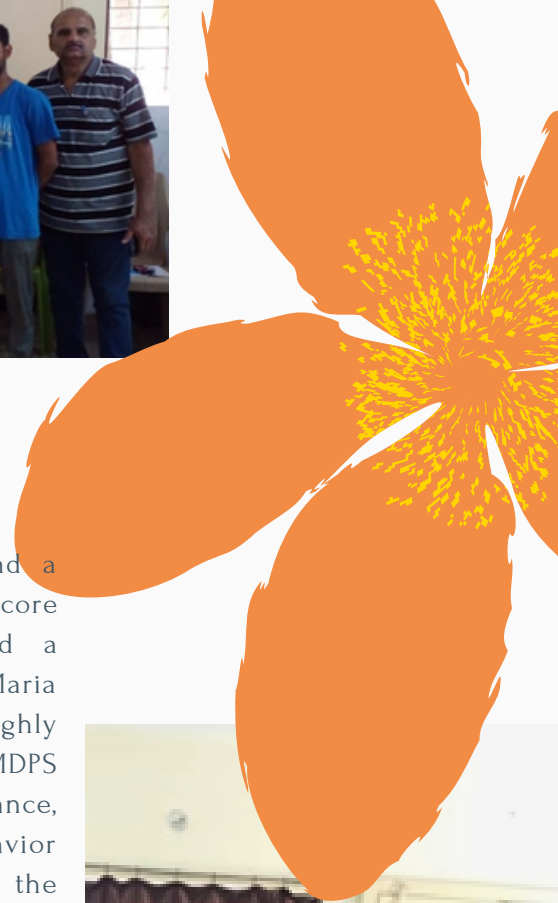


Birthdays are occasions that are filled with events and moments of joy.

HAPPY  
*Birthday*







## Asha Niketan Chennai

### LOZILO KIKON, COMMUNITY LEADER

In May 2023, Asha Niketan Chennai had a successful and fulfilling month. The core members and the assistant completed a caregiver class on May 3, by Ma'am Maria Fatima. The class proved to be highly beneficial, providing insights into MDPS assessments, educational assistance, performance evaluations, behavior management, and the importance of the assistant's mental health. On May 19, the community welcomed Mr. Edward Fenech and Ms. Ann Maria, who awarded certificates to the caregivers. During their visit, a Special dance performance by a core member and the daughter of an assistant brought immense joy. The event also marked the debut of the community's new laptop and projector. On May 20, Asha Niketan Chennai bid farewell to Assistant Silbanus, expressing gratitude for his contributions. The month also witnessed progress on various projects, including the construction of lintel and sunshade concrete structures, water proofing work, Ladies Home Capital Project and lift pit work. On the final day of May, the community acquired a lightweight and license-free E-Scooter, ensuring accessibility for everyone especially in the outreach program.. Overall, it was a productive and enjoyable month, marked by growth, learning, and positive experiences for all involved at Asha Niketan Chennai.







Outreach Parents Meeting



Discussions and future planning



Physiotherapy Session



Block Print Activity for Hand and Eye Coordination



Birthday Celebrations are always event-filled moments.



Rabindra Jayanti Celebration

## Asha Niketan Kolkata

BY SMRITIKANA MONDAL,  
COMMUNITY LEADER

In May 2023, Asha Niketan Kolkata was abuzz with vibrant activities and celebrations. Parent meetings fostered strong connections, while physiotherapy sessions improved

residents' well-being. The block print activity showcased creativity and coordination skills, and joyful birthday celebrations added an extra dose of happiness to the month.



# Asha Niketan Nandibazar

BY LILLY ROSE, COMMUNITY LEADER



In May, Asha Niketan Nandi Bazar, a community center, achieved significant milestones. The members developed a new product, Transparent soap, which garnered positive feedback. Additionally, block printing was introduced, allowing community members to explore their creativity through this traditional art form. The staff designed and stitched a unique night dress, blending traditional and contemporary elements. These endeavors showcased the center's commitment to innovation and skill development.

Asha Niketan Nandi Bazar continues to empower individuals and contribute to the local economy through its creative initiatives.





MAY 2023

# MONTHLY NEWSLETTER

Official Newsletter of L'arche FMR India



**Designed By**

Subin Varghese

National Communications Coordinator

L'Arche FMR India

[larchefmrindia@gmail.com](mailto:larchefmrindia@gmail.com)