



SNEHA SPARSH

A Story of Love

Bi-Annual newsletter of Snehalaya Charitable Trust(R)

(For Private circulation only)

RESCUE, CARE, RE-UNION & MANY STORIES INSIDE

**FROM SLAVERY
TO FREEDOM**



LOVE, CARE & JOYFUL SERVICE



FOUNDER'S MESSAGE

THE DISINTEGRATION OF THE FAMILIES AND ESTRANGEMENT OF RELATIONSHIPS

In the modern world, the disintegration of families has become a troubling trend, marked by the estrangement of relationships and a pervasive sense of selfishness. With the rapid pace of life, the values and priorities within families have shifted, often leading to the neglect and abandonment of elderly parents. In this throwaway culture, where convenience and individualism take precedence, many children find themselves detached from their roots, running away from home in search of independence and personal fulfilment. The erosion of familial bonds, once considered sacred, reflects a broader societal shift toward self-centeredness, where immediate gratification outweighs long-term commitments. This troubling trend highlights the pressing need to nurture and revive the value of family, emphasizing empathy, compassion, and the interconnectedness of generations to restore the fabric of our communities.

In the olden days, the traditional family system typically consisted of an extended family structure where several generations lived together under one roof. This included grandparents, parents, siblings, and sometimes even relatives. Even then there was enough place for everyone inside the house. The pet animals lived outside. The toilets were outside. But now the pet animals and toilets have come inside the house while the grandparents, sometimes even old parents are not only outside the house but they are out in the streets and orphanages.

In my experience of picking such people from roads and streets for the past 14 years, I have closely experienced their agony and pain. Abandoned parents often experience a range of intense emotions, including shock, betrayal, anger, sadness, and a deep sense of loss. Dealing with these emotions can be overwhelming and may lead to anxiety, depression, and a decline in overall mental well-being.

It's not only the parents and grandparents being rejected but often the children also run away from their families. Conflicts within the family, such as frequent arguments, parental substance abuse, domestic violence, too much demand by the parents or neglect of the children have also created an unhealthy and unsafe environment for children. The Runaway children are vulnerable to exploitation by individuals who may take advantage of their circumstances. They can become targets for exploitation, including involvement in the drug trade or other criminal activities.

Estrangement among family members can also take place due to the comparison of one's family to more fortunate or affluent families. This can lead to dissatisfaction, envy, and a sense of inadequacy. It's important to remember that each family has its own unique set of circumstances, challenges, and strengths. Focusing on comparing oneself to others can distract from appreciating and nurturing the relationships, love, and support that exist within the family unit.

When making comparisons, it can be valuable to consider the circumstances of those who are less fortunate. By doing so, we gain perspective and empathy for those who may be facing greater challenges or disadvantages in life. Comparing ourselves to those who are less fortunate can foster gratitude for our own circumstances and inspire us to contribute positively to the world around us. Today it is more than a necessity to build positive relationships: Nurturing positive relationships with family, friends, and communities can significantly enhance happiness.

FOUNDERS MESSAGE

THE DISINTEGRATION OF THE FAMILIES AND ESTRANGEMENT OF RELATIONSHIPS

Investing time and effort in maintaining healthy connections, resolving conflicts, and fostering a sense of belonging can create a happier social environment. Cultivating gratitude for the present moment and practising mindfulness can help individuals appreciate the small joys in life, reduce stress, and enhance overall well-being. It's important to recognize that making the world a happy place is a collective effort. While individuals can contribute on a personal level, it also requires systemic changes, collaboration, and a shared commitment from communities, organizations, and governments to address broader issues that impact happiness and well-being.

Remember that happiness is multifaceted and can vary from person to person. It's not about ensuring constant happiness but rather creating an environment that supports overall well-being, fulfilment, and a sense of purpose for individuals and communities.

God has created us to be happy and spread happiness around. Hence, each of us has an obligation to create a happy society and make this world a 'Happy Place' to live in. Charity begins at home.

"Everyone needs a house to live in, but a supportive family is what builds a home."

– Anthony Liccione

Joseph Crasta
Managing Trustee & Executive Director

CHAPLAIN'S MESSAGE

SNEHALAYA, AN ABODE OF LOVE AND COMPASSION

Snehalaya Rehabilitation Centre stands as a revered sanctuary, a shrine of mental peace and happiness, where the chains of addiction and mental illness are broken, and souls find respite. Within its nurturing embrace, individuals burdened by the weight of affliction discover a haven of healing and transformation. The centre's dedicated staff, armed with compassion and expertise, guide each resident on a profound journey towards liberation.

Through comprehensive care, therapeutic interventions, and a compassionate environment, Snehalaya facilitates personal growth and resilience, uplifting the spirits of those in need. By inspiring individuals to embrace their potential, the centre enables them to transcend their challenges and discover a renewed sense of joy and serenity.

May Snehalaya Rehabilitation Centre be blessed abundantly, growing in the gentle shadow of God's grace. May its compassionate mission reach out far and wide, touching the lives of thousands who are suffering and in need. May Snehalaya be a place of transformation, where broken spirits find solace, and shattered lives are rebuilt with compassion and care. May its impact ripple through communities, bringing light to the darkest corners and reminding us all of the profound power of love and empathy. In God's embrace, may Snehalaya Rehabilitation Centre continue to be a vessel of healing and restoration, offering comfort and support to all those who pass through its doors.

Fr D.S Cyril
Chaplain, Snehalaya

RESCUE

Psycho-Social rehabilitation is the process that facilitates opportunities for persons with chronic mental illness to reach their optimal level of independent functioning in society and for improving their quality of life. Snehalaya is working tirelessly to provide effective care and rehabilitation for those who are suffering from the mental illness and other psycho-social difficulties. We walk beyond the lines, rescue the lost wanderers, and work to get them back into their own houses for a joyful living. Rehabilitation activities include yoga, pushover exercises, training for daily living skills, social skills, life skills, vocational training, indoor and outdoor activities, therapeutic activities, individual, and family counselling. In addition, extensive outreach activities, mental health and medical camps are also an integral part of the rehabilitation activities.

AHMED PASHA (40)



B SAI KUMAR (33)



RANGAN (50)



DINESH (30)



PAUL DSOUZA (53)



NAGARJUN(26)



CHOTU KUMAR(32)



SURENDRA PILLA (60)



KANDUR(59)



NARAYAN SWAMI (35)



KAMALA (35)



SUKUVARA (65)



MOHAMMED (42)



FAKHIR (42)



NARAYANA MOOLYA (70)



RESCUE

NISHA N.C (42)



VARALAKSHMI (54)



BHAGYA LAXMI (35)



ASHLI GOJAR (45)



BALVINDER SINGH (58)



KUMARI HANU (29)



ROOPALI (28)



KALYANI (25)



NAVEENA KUMARI (50)



MEERA BAI (49)



LAXMI (39)



PADMAVATHI (48)



RADHIKA (46)



DEEPIKA (23)



RANI (40)



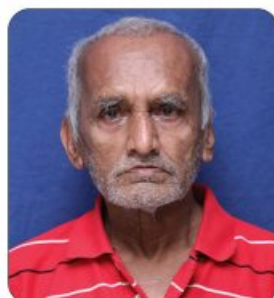
OBITUARY



JEROME MOREIRA



VARGHESE PATHIKKAL



SUDHAKAR



PADMAVATHI



JOPHY JOSEPH

RE-UNIONS

“Snehalaya aims at re-uniting the residents with their families to ensure happy living after their recovery. The team was successful in reuniting more than 900 residents with their families in the past 14 years.

Out of those rehabilitated 80% of them were successfully reunited with the family for a joyful life. Our Rehabilitation activities and training strategies are designed to provide the residents the best opportunity to independently perform their day to day activities and acquiring a good job or earning according to their capability. In order to reunite the residents, we also work with the Government departments and other NGOs.

HUSSAIN REUNITED AFTER THREE DECADES.



REUNION OF VANDANA AT BIJAPUR KARNATAKA



REUNION OF AHMED PASHA AT BIDAR KARNATAKA



AFTER 6 YEARS KALYANI REUNITED AT PONDICHERRY



REUNION OF SURENDRAN PILLA AT KANYAKUMARI



REUNION OF VINAY AT BIDADI OF BANGALORE



RE-UNIONS

DASHRAT REUNITED AT HAZARIBAGH JHARKHAND



MANIK CHAND REUNITED AT NALANDA BIHAR



BARG PASMAN REUNITED AT DARBHANGA BIHAR



FATHIMA REUNITED AT UPPALA OF KASARAGOD KERALA



REUNION OF GOWRI AT WEST BENGAL



GEETHA DEVI REUNITED AT BIHAR



BHUWAN REUNITED AT DHARMAPURI TAMILNADU



KENCHANNA REUNITED AT CHITRADURGA KARNATAKA



FROM DARKNESS TO LIGHT

“The Real Story of Ravindran [Name Changed] a Cocaine Addict”



Ravindran sat huddled in the corner of the passageway, his body shaking and his mind racing. His clothes were tattered and stained, and his hair was matted and unkempt. His eyes were wild and bloodshot, and his skin was pale and clammy. Ravindran had lost everything - his job, his home, his family - all to the cocaine that he craved so desperately. It had become his entire world, his reason for living. He would do anything to get his hands on it, even if it meant stealing or hurting others.

Things weren't so for Ravindran in the beginning. He had always been a brilliant student. He excelled in school and had a natural talent for science and technology. When he graduated high school, he decided to pursue a B'Tec in Computer Science. He was at the top of his class, and his professors predicted a bright future for him in the tech industry.

But as Ravindran began to enter the workforce, he found that the pressure was too much for him to handle. He was expected to work long hours and meet tight deadlines, and he began to feel overwhelmed. At first, he turned to alcohol to cope, but that soon turned into something more dangerous - cocaine.

At first, it was just a way to stay awake and focused during long workdays. But soon, Ravindran found that he couldn't function without it. He began to spend all of his money on cocaine, and he started to miss work and deadlines. His once-promising career began to crumble around him. As Ravindran's addiction grew worse, he started to isolate himself from his friends and family. He was ashamed of what he had become, and he didn't want anyone to see him in his current state. He stopped answering phone calls and emails, and he stopped going out in public altogether.

His health began to deteriorate, and he lost a dangerous amount of weight. His once-brilliant mind was now clouded by the constant need for cocaine. He couldn't focus on anything else, and he found himself slipping further and further into a state of despair. Surrounded by empty cocaine baggies and discarded needles, he wondered how he had gotten to this point. He had once been a promising young man with a bright future ahead of him, but now he was nothing more than a miserable cocaine addict.

As he sat there alone in the dark room, he felt a sense of despair wash over him. He knew that he was trapped, that he would never be able to break free from the grip of addiction. He had tried to quit so many times before, but the withdrawal symptoms were too intense, and the cravings too strong. He just immediately needed some liquor or cocaine powder to calm his nerves.

He looked down at his hands, which were covered in cuts and bruises from his latest attempt to score some cocaine. He knew that he was hurting himself, but he couldn't stop. The addiction had taken over his mind and his body, and he felt powerless to resist. He felt a sense of shame wash over him. He knew that he was a shell of his former self, a broken and pitiful creature.

The sun was setting over, and the darkness was covering the city symbolizing the darkest night in the life of Ravindran as well. Indeed, it was the most ill-fated night in the life of Ravindran as the spell of darkness engulfed the soul of Ravindran. Far of he saw the neon lights of the club flickered to life, beckoning to him like a siren's call. He knew he shouldn't go, that he needed to stay away from the drugs, but he couldn't resist. He needed the high, the rush of adrenaline that came with snorting that white powder. Whatever money he had Ravindran quickly slipped into his pocket and made straight for the night bar. He walked past the bouncer, nodding in recognition, and made his way to the bar. The bartender knew him well and knew what he wanted without him even having to ask. He slid a small baggie across the counter and Ravindran eagerly snatched it up.

FROM DARKNESS TO LIGHT

He didn't even bother with a table, just leaned against the bar and poured the powder out onto his hand. He snorted it quickly, the burning sensation in his nose a familiar feeling. He closed his eyes and leaned his head back, letting the high wash over him. But as the night wore on, the high faded and he was left feeling empty. He stumbled out of the bar, his mind foggy and his body weak. He wandered the streets aimlessly, searching for something to fill the void inside of him. Dreadfully and desperately, he wanted more stuff to calm his shivering body but there was no money with him. Now the night was almost half spent and still a lot of time for the day to arrive. Ravindran knew that he couldn't wait so long. He remembered his mother had two gold bangles; his mind was brightened with the thought. In a vague slumber, he made his way home. Whatever followed after that was a deadly blackout for Ravindran.



It wasn't until the next morning that he realized what he had done. As he woke up from the pool of blood, he saw his hands and his clothes covered with blood, and the memories flooded back to him. He had killed his own mother and ailing father who resisted Ravindran when he was forcing them to give the bangles. In a drug-fuelled rage, he had struck them with a hatchet and mutilated their bodies and put them in the fridge. Yes, Ravindran had become a monster, a slave to the cocaine that had not only destroyed his life but also committed a heinous parricide of those who gave him life, education and everything he wanted and nurtured him so lovingly. The neighbours who had sensed something enigmatic being happened in Ravindran's family had informed the police and Ravindran was taken away in handcuffs.

Since Ravindran was not fully sane the court ordered him to be sent to a rehabilitation centre instead of putting him in jail.

The Snehalaya authorities were called and Ravindran was brought to Snehalaya for treatment. The sun was shining brightly on the day that Ravindran walked through the doors of the Snehalaya. He had hit rock bottom, and he knew that he couldn't keep living the way he had been. He had lost everything – his parents, his job, his friends, his family – all to the cocaine addiction that had taken hold of him.

But as he walked through serene doors, he felt a glimmer of hope. The staff was kind and welcoming, and the other patients seemed to understand what he was going through. Some of them had been where he was, and they were all working together to overcome their addictions.

The first few days were tough. The withdrawal symptoms were intense, and Ravindran felt like he was going crazy. But the Snehalaya staff was there for him, offering him support and encouragement every step of the way. They helped him through the physical symptoms, and then they began to work on the mental and emotional aspects of addiction.

Through group therapy sessions, individual counselling, and other activities, Ravindran began to see the world in a new light. He learned coping mechanisms for dealing with stress and triggers, and he began to understand the underlying issues that had led him to addiction in the first place. As the weeks went by, Ravindran felt himself getting stronger and more confident. He began to make friends with the other patients, and he even started to enjoy the various activities that the rehab centre offered. He learned how to meditate, how to cook healthy meals, and how to exercise in a way that was good for both his body and his mind.

And then, one day, he realized that he was ready to leave the centre. He had completed the program, and he felt like a new person. He was clean, sober, and ready to face the world again. As he walked out of the rehab centre, he felt a sense of pride and accomplishment. He had overcome his addiction, and he knew that he had the tools and support he needed to stay clean for the rest of his life. And as he looked up at the bright blue sky, he knew that the future was full of possibility and hope.

ACTIVITIES OF SNEHALAYA

JANUARY TO JUNE 2023

OFFICIAL VISIT BY OCB CHAIRMAN



IFTAR CELEBRATION



REPUBLIC DAY CELEBRATION



MENTAL HEALTH SEMINAR



"SANTHWANAM" A DAY FOR RICKSHAW DRIVERS



HOLY WEEK AND EASTER CELEBRATION



INTERNATIONAL WOMENS DAY 2023 CELEBRATION



ST JOSEPHS WARD MANJESHWAR, WARD FEST



SHAREEF AREBAIL MEMORIAL PROGRAM BY YOUTH CONGRESS



HEALTH MALABAR DOCTORS DAIRY INAUGURATION



ACTIVITIES OF SNEHALAYA

JANUARY TO JUNE 2023

FAREWELL TO FR. SANTHOSH MENEZES



WELCOME TO FR. CYRIL D'SOUZA OUR NEW CHAPLIN



VISIT BY OCB MEMBER FR. LIJO CHITILAPILLY



VISIT BY MR. PADMARAJ R CHAIRMAN OF GURU BELADINGALU FOUNDATION, TREASURER OF SRI KUDROLI GOKARNATHESHWARA TEMPLE AND GENERAL SECRETARY KPCC BANGALORE



MEDICAL INTERVENTIONS

Our residents benefit significantly from Medical camps in terms of staying healthy, happy, and disease-free. The crew is exceptionally dedicated, efficient and professional. Given that we are very careful and cautious about the inmate's health. These camps are quite useful in addressing the medical demands of our brethren.

The physicians conducting the camps are obliged to act in the best interest of the patients. Every patient attending the camps are treated similarly and cared for evenly.

MEDICAL CAMP BY AJ HOSPITAL (DERMATOLOGY, ENT, OPTIMALOGY, AUDIOLOGY)



GENERAL MEDICAL CHECKUP BY YENEPOYA HOSPITAL



TB TEST BY TB CENTER, KASARAGOD



HOMEOPATHY CAMP BY YENEPOYA



UDID CAMP BY DMO OFFICE, KASARAGOD



DENTAL CAMP BY YENEPOYA DENTAL COLLEGE



VARIOUS CHURCH GROUPS, FAMILY, YOUTH, STUDENTS VISITED SNEHALAYA

“The best way to find yourself is to lose yourself in the service of others”. – Mahatma Gandhi.

In the past 14 years the social activities of Snehalaya are supported by the kind hearted people with social concern, without any boundaries of caste, creed and religion. Under the leadership of religious institutions, organizations, various group heads, and many other teams visited Snehalaya and spent a day with the sick and needy people and offered various day-to-day items for the inmates. Many cultural activities are conducted to entertain the Inmates of Snehalaya. At times the entire group put their steps together for the music which brought smiles on their faces and made their day memorable.

STUDENTS OF SA-ADIYA ARTS & SCIENCE COLLEGE



MEMBERS OF SANTHOSH CLUB OF ARTS AND SPORTS SITHANGOLI, KASARAGOD



ICYM MEMBERS OF GANTALKATTE PARISH



MEMBERS OF ST ALPHONSA WARD BEJAI



B.SC 3RD YEAR STUDENTS OF ST. ALOYSIUS COLLEGE



STUDENTS OF HIRA WOMENS PU COLLEGE



STUDENTS OF RANI CHENNAMMA COLLEGE BIJAPUR



DEGREE STUDENTS OF ST ALOYSIUS COLLEGE MANGALORE



CATHOLIC SABHA MEMBERS OF BEJAI PARISH



MEMBERS OF FIRST UNDER ARM WHATSAPP GROUP MANJESHWAR



MEMBERS OF TALENT RESEARCH FOUNDATION



MEMBERS OF SSVV MOGARNAD PARISH



MEMBERS OF SSVV BELA PARISH



STUDENTS OF ST ALOYSIUS COLLEGE



MEMBERS OF LIGION OF MARY MARIASHRAM PARISH



MEMBERS OF SECULAR FRANCISCAN ORDER BELTHANGADY DENARY



STUDENTS OF ST. ALOYSIUS COLLEGE



MEMBERS OF JEPPI LAY ASSOCIATION



EVERSHINE WARD MEMBERS VAMANJOOR PARISH



MEMBERS OF SENIOR CITIZEN ASSOCIATION ROSARIO CATHEDRAL MANGALORE



MEMBERS OF SRA WHITE STAR LAY ASSOCIATION VAMANJOOR



STUDENTS OF ST ALOYSIUS COLLEGE



**MEMBERS ROSHINI ALUMNI ASSOCIATION
MANGALORE**



**MEMBERS OF THE LADIES SOCIAL SERVICE
LEAGUE (R) MANGALORE**



**MEMBERS OF SYRO MALABAR YOUTH
MOVEMENT THOTATHADI & KANJAL**



**STUDENTS OF THE MCA DEPARTMENT, ST.
ALOYSIUS COLLEGE, BEERI**



MEMBERS OF ST LAWRENCE WARD PERMANNUR



MEMBERS OF HOLY CROSS WARD BELLORE CHURCH



**PARISHIONERS OF ST MARY'S SYRO MALABAR
CHURCH, MUNDAJE**



STUDENTS OF ALVA'S COLLEGE MOODBIDRE



**MATHRUVEDHI UNIT FROM THOTATHADY
CHURCH**



**MEMBERS OF ST BASIL WARD BONDEL
CHURCH**



APPEAL TO SUPPORT SNEHALAYA DE ADDICTION CENTER

The suggested effort is anticipated to combat the Substance use disorder, which is uncontrollably spreading over the world. This De-Addiction Center will have a significant role in shaping the young generation and in creating a happy and healthy family.



During our treatment intervention we came across many mentally ill individuals experiencing psychosis as a result of substance use. In view of this a full-fledged de addiction center is being realized.

The estimated construction cost of the building is Rs. 7.5 Crores

“Great acts are made up of small deeds”. We are sure that with your support this De-Addiction center will be a great contribution to the society.



WORK IN PROGRESS



+91 8590256917

Snehalaya Charitable Trust
Snehalaya Charitable Trust
+91 85902 56917



8590256917@okbizaxis

BHIM UPI

OUR ACCOUNT DETAILS
SNEHALAYA CHARITABLE TRUST
HDFC BANK
A/C NO. 50100193685241
MANGALORE BRANCH
IFSC:HDFC0000094

HEAD : Lotus Paradise Plaza
OFFICE 4th Floor, 417#,
Bendur Mangalore - 575002
H.O Contact No: +91 85903 39570

The Mannah : Serving the hungry



“There is no greater charity than feeding a hungry.”

Mannah mission is one such initiative of Snehalaya Charitable Trust. Since 2015 everyday 700 free mid day meals are served for the caretakers of patients at wenlock government hospital, Mangalore. This mission has reached the hungry and needy people.

You all have always been very generous in contributing for our residents. You are welcome for a thoughtful contribution by sponsoring Mannah mission on your special days.

“ಅನ್ನದಾನಕ್ಕಿಂತ ಶ್ರೇಷ್ಠವಾದ ದಾನ ಇನ್ನೊಂದಿಲ್ಲ”

2015 ರಿಂದ ಇಂದಿನವರೆಗೆ ಸ್ನೇಹಾಲಯ 'ಮನ್ನಾ' ಯೋಜನೆಯ ಮೂಲಕ ಮಂಗಳೂರಿನ ಜಿಲ್ಲಾ ವೆನ್‌ಲಾಕ್ ಆಸ್ಪತ್ರೆಯ ಸುಮಾರು 700 ಜನ ರೋಗಿಗಳ ಪರಿಚಾರಕರಿಗೆ ಪ್ರತಿದಿನ ಉಚಿತ ಮಧ್ಯಾಹ್ನದ ಊಟದ ವ್ಯವಸ್ಥೆ. ಇದರಿಂದ ಸಾಕಷ್ಟು ಕಷ್ಟದಲ್ಲ ಇರುವವರಿಗೆ ಹಸಿದವರಿಗೆ ನಿರಾಶ್ರಿತರಿಗೆ ಹಾಗೂ ರೋಗಿಗಳ ಕುಟುಂಬದವರಿಗೆ ಒಂದು ಹೊತ್ತಿನ ಊಟವು ಲಭಿಸಿದೆ. ಸಮಾನ ಮನಸ್ಸರು ಈ ಯೋಜನೆಯ ಅವಶ್ಯಕತೆಗಳನ್ನು ಮನಗಂಡು ಮನ್ನಾ ಯೋಜನೆಗೆ ಸಹಕಾರ ನೀಡಬೇಕಾಗಿ ಪ್ರಾರ್ಥಿಸುತ್ತೇನೆ .

“THE HAND THAT GIVES WILL BE BLESSED IN THOUSAND FOLD”

You can Offer...

| | |
|--------------------------------|----------|
| Breakfast | 6,000/- |
| One Time Meal(Lunch or Dinner) | 15,000/- |
| Full Day Food | 35,000/- |
| Special Meal | 30,000/- |
| Mannah | 8,000/- |

To,

ACCOUNT DETAILS :

A/c No: 30826138336
Snehalaya Charitable Trust (R.)
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Kankanady Branch, Mangalore.
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Mobile: +91 9446547033 /9036451931 (Joseph Crasta)
Office No. + 91 7994087033/ 04998-273322
Head Office No. + 91 85903 39570
Email : snehalayamangalore@gmail.com

www.snehalayamangalore.com

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