



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



**HOPE
FOR**

**THE
HOPELESS**

LOVE, CARE & JOYFUL SERVICE



FOUNDER'S MESSAGE

**AWAKENING THE SOUL'S SPLENDOR:
CHRISTMAS' RESONANCE IN LIBERATING HUMANITY FROM EARTHLY CHAINS.**

The pursuit of happiness and the preservation of human dignity have long been considered essential aspects of our existence, as explored by ancient philosophers and theologians. However, in the modern era, this pursuit has taken a distorted form, with many succumbing to destructive addictions and transient pleasures, leading to the erosion of human dignity.

Amidst the materialism and self-indulgence of contemporary life, Christmas serves as a poignant reminder of the true purpose of human existence. The narrative of Christmas, symbolizing divine selflessness through the embodiment of Christ, offers a path to liberation and the restoration of human dignity, providing a timeless beacon of hope.

As the festive season approaches, it is an opportunity given to us for introspection and spiritual renewal. Embracing the message of

Christmas becomes an invitation to rediscover the purity of the human spirit, unburdened by the chains of addiction and fleeting pleasures.

This Holy Season becomes an occasion for us to invite Christ into our hearts, aligning with the divine essence within and traversing a path towards genuine happiness while reclaiming the inherent dignity defining the essence of being human. Welcoming Christ into our hearts beckons us to harmonize with the divine core within, embarking on a journey toward authentic happiness and reclaiming the inherent dignity that shapes human essence. Hence, let us reflect on the profound message of Christmas emphasizing the importance of finding solace in the pursuit of true happiness.

Joseph Crasta

Managing Trustee & Executive Director



CHAPLAIN'S MESSAGE

**"EMBRACING THE ESSENCE OF CHRISTMAS:
A COMMEMORATION OF 'KENOSIS' AND SELF-EMPTYING"**

As December unfolds, the familiar strains of classic Christmas tunes transport us into a realm of nostalgia and anticipation, fostering a festive atmosphere. Amid this cherished tradition, my reflections turn to what I consider the quintessential Christmas Carol found in Philippians 2:6. It unveils a profound narrative where God, existing in divine essence, selflessly relinquishes the prerogatives of equality with God, embracing the humble guise of a servant and assuming human form. This encapsulates the essence of Christmas—a remarkable transformation from the divine to the human, symbolizing a grand exchange of gifts as the Creator steps into the realm of His creation. Embedded in the Christmas season is the theological concept of "Kenosis," rooted in the understanding of the Incarnation in Christian theology.

Christmas becomes a moment for contemplating the humility and selflessness epitomized by this divine act, aligning harmoniously with the pursuit of spiritual and moral transformation. This transformative journey involves shedding negative qualities and embracing virtues, resonating with the ethos of places like Snehalaya, where the self-emptying love of God becomes tangible through dedicated service to the less fortunate. As we embrace the spirit of Christmas, let it inspire us to become more lovable, generous, and Christ-like in our actions—emptying ourselves of ego and selfishness.

Fr. Cyril D' Souza

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.

ANAND



PARVATI



M. SAVAD



BABLI BAI



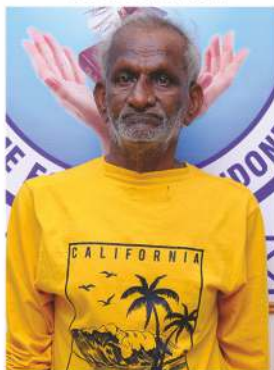
SHUBASHISH



CHAND MANI



LAXMAN



MANJULA



SUSHMA



MAYA



KISHAN



PRADEEP



RAJU



RAJESHWARI



BHAGWAN SINGH



All the Rescues are not added on this page. For more information, please visit our website.
www.snehalayamangalore.com

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.

RADHIKA AFTER 25 YEARS AT WEST BENGAL



DINESH RAJSAB AFTER 4 YEARS AT U.P



NAGARJUN AFTER 15 YEARS AT ANDHRA PRADESH



KAMALA DEVI AFTER 5 YEARS AT DELHI



AMEER AHMED AFTER 5 YEARS AT KARNATAKA



BHAGWAN SINGH AFTER 4 YEARS AT BHOPAL



ROOPALI AFTER 3 YEARS AT MAHARASHTRA



MARI MUTTU AT TAMILNADU



HANU KUMARI AT ANDHRA PRADESH



CHOTU KUMAR AT BIHAR



All the Reunions are not added on this page. For more information, please visit our website.
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HOPE FOR THE HOPELESS

“The Real Story of Sarah [Name Changed] a Alcohol addict”



Alcohol is a substance that can quickly turn from a casual indulgence into a dangerous addiction. Unfortunately, many men and women fall into the trap of alcoholism, struggling to regain control of their lives. One such woman, let's call her Sarah, found herself trapped in the clutches of alcohol addiction. Her story is a testament to the transformative power of the Snehalaya Psycho-Social Rehabilitation Center for Women, Manjeswaram.

Sarah's addiction started innocently enough, with a few drinks to unwind after a long day. However, as stress and personal challenges mounted, her reliance on alcohol grew stronger. Her relationships suffered, and she began to neglect her responsibilities, even losing her job.

Fortunately, she found her way to the Snehalaya Rehabilitation Center, a safe haven that serves as a beacon of hope for women struggling with addiction. The centre's compassionate and experienced staff immediately embraced Sarah and provided her with the tools and support she needed to start her journey towards recovery.

From the moment Sarah walked through the doors of Snehalaya, she was enveloped in an environment of understanding and empathy. The program at Snehalaya offers a holistic approach to recovery, focussing not only on detoxification but also on addressing the underlying causes of addiction.

Under the careful guidance of the center's expert team, Sarah began to unravel the complex web of emotions and life experiences that led her to seek solace in alcohol. Individual therapy sessions helped her explore her past trauma and develop healthier coping mechanisms.

Group therapy sessions allowed her to connect with other women on the same journey, guiding and supporting each other along the way.

Snehalaya did not just provide support during the treatment phase; they also recognized the importance of aftercare to ensure a successful and sustained recovery. Sarah participated in workshops and weekly group meetings that equipped her with the necessary skills to reintegrate into society.

The rehabilitation center also emphasized the importance of a healthy lifestyle. Physical activities such as yoga and meditation played a pivotal role in Sarah's recovery process, reducing her anxiety and stress levels. Nutritious meals were provided, promoting overall well-being, and restoring her physical health.

Sarah's recovery journey was not without its challenges; however, the unwavering support she received from the Snehalaya community kept her going during the tough times. Their commitment to her recovery and belief in her ability to overcome addiction gave her the determination to stay on the path of recovery, even when relapses seemed inevitable.

After spending several months at Snehalaya, Sarah emerged a changed woman. She had transformed from an alcohol addict to a strong and resilient individual ready to face the world anew. With newfound self-belief, she successfully integrated back into her community, mending broken relationships and reestablishing her career.

Sarah's recovery at the Snehalaya Psycho-Social Rehabilitation Center for Women is a shining example of the power of compassion, understanding, and specialized care in helping individuals overcome the grips of addiction. This rehabilitation center not only gave her the tools to overcome her struggle but also provided her with the necessary support system to maintain her sobriety in the long run.

Sarah's story demonstrates that, with the right guidance and support, anyone can break free from the chains of addiction and reclaim their lives.

ACTIVITIES OF SNEHALAYA

JULY TO DECEMBER 2023

SNEHALAYA FASHION FEST



BISHOP OF JAIPUR OSWALD J LEWIS VISIT



INDEPENDENCE DAY 2023



MENTAL HEALTH DAY 2023



FOUNDATION DAY CELEBRATION & INAUGURATION OF GROTTO OF ST DEVA SAHAYAM PILLAI



DEEPAVALI CELEBRATION



FEAST OF NATIVITY OF MARY



ONAM CELEBRATION 2023



ACTIVITIES OF SNEHALAYA

JULY TO DECEMBER 2023

INSPECTION BY SOCIAL JUSTICE DEPARTMENT KASARAGOD



OSMITAY KONKANI MOVIE: 400TH SHOW AT SNEHALAYA



VISIT BY MR. STANY PINTO FROM KCS MEDIA AND MR ALPHONSE FRANKO, NATIONAL SECRETARY SDPI



OLD AGE DAY CELEBRATION



VEHICLE FOR "MANNAH" MISSION SPONSORED BY JOS ALLUKAS



OFFICIAL VISIT BY SOCIAL JUSTICE OFFICER



MEDICAL INTERVENTIONS

GERIATRIC CAMP BY PUBLIC HEALTH CENTRE MANJESHWARA



DENTAL CAMP BY YENEPOYA HOSPITAL



WOMEN AWARENESS CAMP BY YENEPOYA



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.

VELLANKANNI WARD MEMBERS OF MADANTHYAR PARISH



MOTHER TERESA WARD MEMBERS OF BONDEL PARISH



STUDENTS OF YENEPOYA NURSING COLLEGE



SENIOR CITIZENS GROUP FROM ANJELORE PARISH



MEMBERS OF MAURISHKA PARK APPARTMENT OWNERS ASSOCIATION KODIALBAIL

MSW STUDENTS OF MANGALORE UNIVERSITY



STUDENTS OF AJI SCHOOL UPPALA

CATHOLIC SABHA & WOMEN ASSOCIATION MUKKA PARISH



MEMBERS OF CLC PUTTUR PARISH



MS GLOBAL SCHOOL MORTHANA



SVP, ICYM, YCS MEMBERS PERUVAI PARISH



SENIOR CITIZENS BENDUR PARISH



NCP MANJESHWAR BLOCK MEMBERS



PARISHIONERS OF INFANT JESUS CHURCH HOSANGADI



SHREE DEVI NURSING COLLEGE STUDENTS



PARISHIONERS OF OUR LADY VIRGIN OF THE POOR CHURCH UPPINANGADY



DON BOSCO FATHERS



MEMBERS OF RO CORPORATION VAMANJOOR



SACRED HEART PRAYER GROUP MADANTHYAR



CORPORATION BANK EMPLOYEES UNION



STUDENTS OF YENENOYA MSW DEPT



STUDENTS OF YENENOYA AYURVEDA COLLEGE



FERRAR WARD MEMBERS ST. VINCENT FERRER CHURCH, VALENCIA

ST. ANN WARD MEMBERS ST. LAWRENCE CHURCH BONDEL



DIVINE SELF HELP GROUP MEMBERS NARAMPADY

PARISHIONERS OF LITTLE FLOWER CHURCH NIDDODI



CHRIST KING WARD MEMBERS CHRIST KING CHURCH VENUR

STAFF AND STUDENTS OF SAANIDHYA SCHOOL



VELLANKANI WARD MEMBERS ST. LAWRENCE CHURCH BONDEL

ABHAYA FRIENDS MANGALORE



TUMAKUR GOVT COLLEGE BSW STUDENTS

STUDENTS OF ALBIRR SCHOOL, MOGRAL



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.



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

Sl. No.	Construction of the proposed building	Cost per unit (sponsorship price)	Total Number of units	Units already sponsored	Units Available
1	Men /women dormitory, utility, toilets	25,00,000	5 units	2	3
2	Roof top with safety grills	50,00,000	1 unit	0	1
3	Recreation Area	25,00,000	2 units	0	2
4	Gents and Ladies Dining Hall	20,00,000	2 units	2	0
5	Staff room	5,00,000	4 units	0	4
6	Passage ramp	4,00,000	3 floors	0	3
7	Pharmacy	10,00,000	1 unit	1	0
8	Reception area	10,00,000	1 unit	1	0
9	Interlocks	10,00,000	1 unit	1	0
10	Compound Wall	10,00,000	1 unit	0	1
11	Lobby area	10,00,000	1 unit	0	1
12	Administrative Office	10,00,000	1 unit	0	1
13	Nursing station	2,50,000	4 units	1	3
14	Doctor duty room	5,00,000	2 units	0	2
15	Counselling	2,00,000	4 units	2	2
16	Interview treatment rooms	2,50,000	3 units	3	0
17	Window fabrication grills 3 floors	2,00,000	3 units	0	3
18	Record room area	5,00,000	1 unit	0	1
19	Complete Basement floor	5,00,000	1 unit	0	1
20	Drug dispensing room	5,00,000	1 unit	0	1
21	Consultation	2,00,000	2 units	0	2
22	Store room	1,50,000	2 units	0	2

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.



- Snehalaya Charitable Trust shall gladly accept donations of any kind (Amount or Material).
- The sponsored area/ facility/ rooms/floors shall be dedicated and named after by the donors/ benefactors in prominent places.

The benefactors / donors can sponsor a square feet, a room, a facility, , any equipment, the entire floor, recreation halls, dormitory, dining rooms as per the list given Above:



accepted here

+91 8590256917

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+91 85902 56917



8590256917@okbizaxis



OUR ACCOUNT DETAILS

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

HEAD OFFICE
Lotus Paradise Plaza
4th Floor, 417#,

Bendur Mangalore - 575002

CONTACT :

+91 85903 39570

Snehalaya Mannah : ಸ್ನೇಹಾಲಯ ಮನ್ನಾ



ಪಾಟ್ಲಾ ಆಟರ್ ವರ್ಸಾಂ ಥಾವ್ನ್ ಸ್ನೇಹಾಲಯ ಸಂಸ್ಥಾ ದ್ವಾಲಿಂ ಹರ್ಯೆಕಾ ದಿನಾ 700 ಪ್ರಾನ್ ಚಡಿತ್ ಜಣಾಂಕ್ ಧರ್ಮಾರ್ಥ್ ಜೆವಣ್ ವಾಡ್ಲೆಂ ವರ್ತೆಂ ಮಿನಾಂವ್ ವೆನ್ನೊಕ್ ಆಸ್ತರೆಚ್ಯಾ ವರಾರಾಂತ್ ನಿರಂತರ್ ಜಲೊನ್ ಆಯ್ಲಾಂ. ಹ್ಯಾ ಅರ್ಥಾಭಲಿತ್ ಮಿನಾಂವಾಂತ್ ಆಮಿ ತುಮ್ಮೊ ಮೊಲಾಧಿಕ್ ಸಾಂಗಾತ್ ಆಶೆತಾಂವ್. ತುಮ್ಮಾಂ ಹ್ಯಾ ವರ್ತ್ಯಾ ಮಿನಾಂವಾಂತ್ ವಾಂಟಿಲ ಜಾಂವ್ಕ್ ಮಿಶಿ ಆನಾ ಜಾಲ್ಯಾರ್ 700 ಜಣಾಂಕ್ **ಎಕಾ ದಿನಾಚೊ ಜೆವ್ಣಾಚೊ ಐರ್ಚ್ ರುಪಯ್ 10,000** ಜಾವ್ನಾಸೊನ್ ತುಮ್ಮಾ ಬರ್ಯಾ ಮನಾನ್ ಹ್ಯಾ ಸೆವೆವಾವ್ರಾಕ್ ಮೊಗಾಚೊ ಪಾಟಂಬೊ ದಿಲೆಂವ್ಕ್ ಆಮಿ ತುಮ್ಮೆ ಥಂಯ್ ವಿನಂತಿ ಕರ್ತಾಂವ್. ತುಮ್ಮಾ ಕುಟ್ಮಾಂತ್ಲ್ಯಾ ಬರ್ಯಾ ಕಾರ್ಯಾಂ ವೆಳಿಂ ಹ್ಯಾ ಯೆವ್ಜಣೆಕ್ ಸಹಕಾರ್ ದಿಲೆಂವ್ಕ್ ಸಂಪರ್ಕ್ ಕರಾ.

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

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You can offer...

Breakfast	6,000/-
One Time Meal(Lunch or Dinner)	15,000/-
Full Day Food	35,000/-
Special Meal	30,000/-
Mannah	10,000/-

ACCOUNT DETAILS :

A/c No: 30826138336
 Snehalaya Charitable Trust (R.)
 State Bank of India
 Kankanady Branch, Mangalore.
 IFSC: SBIN0003300 MICR: 575002007

All donations to the trust are exempted u/s 80G of Income Tax Act 1961 of Government of India.

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SNEHALAYA CHARITABLE TRUST(R)

New Jerusalem Nagar, Bachalike, Pavor Post, Manjeshwar , Kasaragod District, Kerala -671323 (3000 Copies)