



## **LORETO RAINBOW HOME, SEALDAH (LDS) NEWSLETTER OCTOBER 25 TO MARCH 26**

### **Introduction:**

Loreto Rainbow Home, Sealdah (LDS) continues its commitment to providing a safe, nurturing, and empowering environment for children in need of care and protection. This newsletter highlights the journey from October 2025 to March 2026, reflecting the Home's consistent efforts in ensuring holistic development through quality care in nutrition, health, education, life skills, and emotional well-being. With a stable residential environment and dedicated teamwork, the Home has focused on strengthening each child's growth, resilience, and sense of belonging while creating opportunities for learning, creativity, and participation.

### **General Status of Children (October 2025 – March 2026)**

- The total number of children remained stable at 69 up to February 2026, reflecting consistency in residential care and occupancy.
- One child was shifted from Loreto Entally Rainbow Home in the last week of February 2026, increasing the total strength to 70 children by March 2026.
- The shifted process was carried out considering the best interest of the child and to ensure family-based emotional support within the same home.



- No exits were recorded during the reporting period; however, transition processes for eligible children are ongoing as per programme guidelines.
- Overall, the home maintained a stable population with balanced intake and transition planning, ensuring continuity of care and support for all residents

### **ACTIVITIES:-Nutritional Care:-**

#### **➤ Menu Enhancement and Dietary Improvements:-**

During this period, the menu was strengthened to ensure a balanced and nutritious diet, including regular intake of fish/chicken (weekly), eggs (twice a week), milk with biscuits, and supplements like suji and dalia. An additional morning tiffin (double portion) was introduced at 10:00 AM to address gaps in school mid-day meals and ensure adequate daily nutrition.

#### **➤ Status of Malnutrition and Special Interventions:-**

No cases of severe malnutrition were reported; however, 7 children identified as underweight were provided with special nutritional support, including milk, fruits, and Vitamin B complex supplements. Continuous monitoring and dietary interventions are in place, with gradual improvement observed, though transition to the general category remains under progress.

#### **➤ Capacity Building on Hygienic and Nutritious Food Practices:-**

Home mothers received ongoing guidance and internal training on hygienic food preparation, balanced diet planning, and preparation of nutritious and child-friendly meals, ensuring quality and safety in daily food practices.

#### **➤ Food Committee Performance and Achievements:-**

The Children's Food Committee actively monitored food quality, quantity, and distribution, ensuring transparency and



participation. Their involvement contributed to improved meal planning, timely grievance addressing, and overall satisfaction with food provision among children.

### **Health:- Children Treated for Illness:-**

A total of 2 children were diagnosed with *P. vivax* malaria during October and were successfully treated with appropriate medication. Additionally, minor health cases were addressed, including one case of pox, one foot injury, and one eczema case under treatment. No major or life-threatening illnesses were reported during the period.



- **Health Check-ups and Nutritional Improvement**

Regular quarterly health check-ups, including height and weight monitoring, were conducted for all children. Out of 10 previously underweight children, 5 have successfully moved to the healthy weight category, reflecting positive outcomes of nutritional and health interventions.

- **Health Camps Conducted**

A health camp was organized on 31st January 2026 and 29<sup>th</sup> March 2026 in collaboration with The Leprosy Mission, along with routine medical assessments and awareness sessions on hygiene and menstrual health.

- **Vaccination and Immunization**

Deworming medication was administered biannually, and routine immunization follow-ups were ensured

as per government health guidelines, maintaining overall preventive healthcare standards.



- **Health Emergencies**

One incident of toe fracture (October 2025) was promptly managed at Nil Ratan Sircar Medical College and Hospital with necessary medical intervention. No surgeries, critical illnesses, or fatalities occurred during this period.

- **Improvements in Personal Hygiene**

Noticeable improvement in children's personal hygiene practices was observed due to regular monitoring, structured routines, and continuous awareness sessions on cleanliness and self-care.

- **Training and Awareness for Children and Staff**

Monthly sessions were conducted on general health, hygiene, and menstrual care for children, while staff received guidance on early identification of health concerns and maintaining hygienic living conditions, strengthening preventive care practices.

- **Success in Treatment and Care**

Significant progress was observed in reducing underweight cases and successfully managing malaria and minor health issues. Timely interventions, regular monitoring, and coordinated care contributed to improved overall health outcomes among the children.

**Education: -** Education at Loreto Sealdah Rainbow Home remains a key priority, with structured support provided to help every child reach their academic potential. Efforts are made to ensure inclusive learning tailored to individual needs.



- **Mainstreaming and Academic Progression**

All children remained integrated within formal schooling systems; no new bridge course transitions were recorded during this period. Students continued progressing in their respective classes, with 2 students appearing for board examinations.

- **Promotion and Vocational Linkages**

Majority of students were successfully promoted to the next grade, while a few requiring additional academic support are receiving targeted remedial interventions. No specific vocational training transitions were recorded during this period.

- **Special Education Integration**

Children with learning difficulties continued to receive weekly support from a special educator, with ongoing efforts toward gradual integration into mainstream academic performance levels.



- **Engagement of Teachers and Volunteers**

A total of 4 remedial teachers supported different academic groups. New and continued engagement with external volunteers included support from TFI (Classes II–VI), Bhumi (Spoken English), and Cognizant (coding and AI education for senior students).



- **Innovative Learning Methodologies and Initiatives**

Introduction of AI classes for senior students and unplugged coding sessions enhanced digital literacy. Structured lesson planning and subject-specific remedial teaching strengthened academic delivery.



- **Structured Learning Routine**

A consistent timetable was followed, including day-wise lesson plans and compulsory evening self-study sessions to build discipline, accountability, and independent learning habits.

- **Training and Capacity Building**

Life skills and value education sessions were conducted by external partners, along with counselling support addressing behavioural and emotional challenges, contributing to holistic educational development.

- **Educational Achievement and Success Story**

A student from primary level qualified for the next round of a national-level arithmetic competition, reflecting improved academic confidence and performance outcomes.

## **LIFE SKILL AND VALUE EDUCATION**

- **Trainings Conducted and Participation**

Multiple life skills and value education sessions were conducted for children by Bhumi Volunteers, Deepani Encore LLP, City Desk team, St. Xavier's College students, and internal staff. Senior girls and staff also participated in the Rainbow North Udaan Workshop, focusing on transition to adulthood and responsible citizenship.



- **Key Topics Covered**

Sessions addressed life skills, value education, climate change and environmental responsibility, mindfulness, emotional well-being, career awareness (Filmmaking and Media Science), equality, dignity, rational thinking, and social justice.

- **Changes Observed Among Children**

Improved awareness of social and environmental issues, better emotional regulation, increased confidence in expressing thoughts, and enhanced clarity regarding future career options were observed among children, especially adolescents.



- **Life Skills Training for Children and Team Members**

Children developed critical thinking, decision-making, and interpersonal skills through interactive sessions, while staff gained better understanding of supporting adolescents in areas of mental well-being, values, and transition readiness, ensuring a more holistic developmental approach.



## **Extra-Curricular Activities :-**

- **Sports Activities**

- 12 girls actively participated in Throwball and 10 in Basketball, promoting teamwork and physical fitness.
- One child represented the home in a Throwball championship held in Birbhum.
- Participation in the annual sports event at Metropolitan Institution enhanced exposure and competitive spirit.

- **Art & Performing Arts**

- 20 girls engaged in drawing activities, showcasing strong creative abilities.
- 4 girls participated in singing activities.



- 6 girls trained in Western dance and 4 in classical dance, encouraging cultural and artistic expression.
- **Craft and Creative Engagement**
  - Regular craft sessions were conducted, especially for younger children, to build creativity and practical skills.
  - Children created handcrafted items for a charity market, fostering community engagement and social responsibility.
- **Workshops and Special Events**
  - Participation in a painting workshop at Victoria Memorial Hall enhanced artistic exposure.
  - Children showcased artwork on water conservation through umbrella painting at the Apeejay Anand Art Mela, promoting environmental awareness through creativity.



● **Exposure Visits :-** Visit to fashion design and inter-college exposure programme at ATDC College, Salt Lake. Participation in special screening of *Der Ganz Große Traum (The Great Big Dream)* at Max Mueller Bhavan.

- Children's Day outing to Fabrique with recreational activities, food, and engagement.
- Participation in Rainbow Fun Fest 2025 at Loreto Day School Bowbazar.
- Visit to Kolkata International Book Fair with interactive sessions and activities.
  - Exposure visit to Victoria Memorial Hall through painting and cultural workshop participation.
  - Visit and participation in Sishu Mela at St. Xavier's University Kolkata.
  - Exposure visit to Nabadwip Youth Hostel for Rainbow North Udaan Workshop.
  - Visit to German Consulate Garden for Charity Christmas Market participation.
  - Interaction and exposure programme with international visitors from St. Stephen's Green College, Ireland.
- Exposure visit to Sports Authority of India complex including self-defense and archery activities.
- Participation in Fabrique Carnival (Hungama 1.0) organized by Leo Club.



- **Children's Participation and Leadership:-** Child participation is actively encouraged through a structured system that ensures children's voices are heard and valued in daily home functioning. All Rainbow children are organized into junior, middle, and senior groups, each supported by dedicated staff members and home mothers, fostering close guidance and care. Leadership is promoted within each group through the selection of captains and vice-captains, enabling children to take responsibility and develop decision-making skills. A "Sister Group" system further strengthens peer support, cooperation, and collective growth among children. In addition, a suggestion box mechanism provides a safe and open platform for children to express their views and concerns. Regular BAL Sabha meetings are conducted to facilitate dialogue, address issues, and ensure meaningful participation of children in matters affecting their lives within the home.



## Celebrations and Festivals (October,25 to March 2026) :-

| Month         | Date / Period | Celebration / Programme                     | Key Highlights                                                                             |
|---------------|---------------|---------------------------------------------|--------------------------------------------------------------------------------------------|
| October 2025  | October       | Navratri / Durga Puja Celebrations          | Cultural prayers, festive activities, and community participation (home-based celebration) |
| November 2025 | 14 November   | Children's Day Celebration                  | Outing, gifts, music, food, and recreational activities                                    |
| November 2025 | 15 November   | Rainbow Fun Fest 2025                       | Games, cultural performances, magic show, and festive dinner                               |
| December 2025 | December      | Christmas Celebrations (multiple events)    | Carol singing, celebrations with St. Mary's School, and festive gatherings                 |
| December 2025 | December      | Charity Christmas Market – German Consulate | Cultural participation and handcrafted exhibition                                          |
| January 2026  | 12 January    | National Youth Day Celebration              | Tribute to Swami Vivekananda and youth motivation                                          |
| January 2026  | 23 January    | Saraswati Puja & Netaji Jayanti             | Cultural performances and prayers                                                          |
| January 2026  | 26 January    | Republic Day Celebration                    | Flag hoisting and cultural programmes                                                      |
| January 2026  | January       | Vande Mataram 150th Anniversary Celebration | Patriotic cultural event at Victoria Memorial Hall                                         |
| March 2026    | 8 March       | Women's Day Celebration                     | Celebration with young adults, empowerment focus                                           |
| March 2026    | 12 March      | LRHF Bus Inauguration                       | Prayer service and institutional milestone celebration                                     |



### Celebrations and Festivals:-



#### **National Celebration:**

Loreto Sealdah Rainbow Home joyfully celebrated Republic Day on 26th January with patriotic songs, Indian flag hoisting, sharing the significance of the day, and vibrant tricolour and floral decorations, paying homage to Indian soldiers.

#### **Commemorative Day:**

On 5th January 2026, Loreto Rainbow Homes enthusiastically participated in the 150th anniversary celebration of Vande Mataram by Bankimchandra Chattopadhyay at Victoria Memorial, where C. V. Ananda Bose graced the occasion; six children along with the home coordinator attended as Indian flags fluttered proudly.



#### **Religious Festival:**

Loreto Sealdah Rainbow Home celebrated Saraswati Puja with a focus on knowledge

and educational growth for each child, offering soulful prayers to Goddess Saraswati, drawing her image, decorating her portrait with books and flowers, and enjoying a cultural programme along with a special lunch.

## **ENGAGEMENTS WITH FAMILIES:**

At Loreto Rainbow Home, Sealdah, family engagement is viewed as a continuous and meaningful partnership aimed at strengthening the child's overall development. Regular interaction with parents helps build trust, improve communication, and ensure shared responsibility in the care and progress of each child.

A key part of this engagement is the **monthly Parents' Meeting**, held on the last Saturday of every month.



These sessions provide a platform to share updates on children's progress in education, health, hygiene, and nutrition, ensuring that families remain actively involved in their growth journey.

Beyond progress updates, the meetings also serve as spaces for awareness and learning. Parents are sensitized on critical social and health issues such as child marriage, substance abuse, family planning, and personal hygiene, helping them make informed decisions for their families.

In addition, families are supported in strengthening their access to essential services. Guidance is provided on opening bank accounts, obtaining birth certificates, and safely maintaining important documents, enabling them to build greater stability and security for their children.

## **OVERVIEW FOR BUILDING SOCIAL PERSPECTIVE:-**

- **Monthly Parents' Meetings & Family Engagement Sessions** – Strengthen family bonds, improve communication, and build a supportive home–child connection.
- **Life Skills Development Sessions** – Activities on communication, decision-making, problem-solving, and self-awareness for independent living.
- **Group Counselling & Individual Counselling Sessions** – Support emotional expression, peer understanding, and social behavior development.
- **Inclusive Remedial & Special Education Support Activities** – Encourage peer learning, participation, and confidence in mixed-ability learning environments.
- **Sports & Team-Based Activities (Karate, Throwball)** – Promote teamwork, discipline, cooperation, leadership, and social interaction skills.

## **TEAM:-**

- **Coordinator:** Oversees overall functioning and coordination of the Home.
- **Social Mobiliser:** Links families and communities; supports outreach and continuity of care.
- **Future Focal Person:** Guides older girls on education, skills, and independent living planning.
- **Remedial Teachers (4):** Provide individualized academic support to strengthen learning.
- **Special Educator:** Assists children needing additional learning support.
- **Counsellor:** Supports emotional and mental well-being through regular sessions.
- **Home Mothers (3):** Provide daily care, supervision, and emotional support.
- **Sports Instructors:** Karate and Throwball teachers promote fitness, discipline, and teamwork.

### Team Member Reflection: - Dorothy Hembrem (Home Mother):-

“Working with the children 24 hours a day is often challenging and hectic, but the moment they come to me and call me “Maa,” it becomes a deeply soulful and meaningful experience. Caring for them—providing food, ensuring proper nutrition, supporting their schooling, and listening to their emotional and educational journeys, both challenges and successes—has been truly fulfilling. We strive to look after their holistic development at all times. Despite limited staff, the home team has shown incredible support for one another, caring for each other and standing together. This strong sense of teamwork and mutual care is a true success for all of us.”



### Team Trainings:-

| Month & Year  | Training / Workshop                                                                  | Conducted By                                             | Participants                           |
|---------------|--------------------------------------------------------------------------------------|----------------------------------------------------------|----------------------------------------|
| October 2025  | Gender Training Session                                                              | City Desk Education Coordinator & TFI Fellows            | Home Mothers                           |
| October 2025  | Case Study & Home Visit Report Writing Training                                      | City Desk Education Coordinator & TFI Fellows            | Home Mothers                           |
| November 2025 | Knowledge Exchange Workshop on Child Protection Policy & Communication with Children | National Office – Rainbow Homes Programme Technical Team | Home Team Members & Home Mothers       |
| November 2025 | MS Excel Training Session                                                            | Cognizant (Mr. Swarna)                                   | Home Team Members                      |
| November 2025 | Long-Term Strategy Training on Fundraising                                           | National Office – Rainbow Homes & Smile Foundation       | Home Team Members                      |
| December 2025 | Workshop on New Format of Rainbow Online Reporting                                   | Rainbow Homes Programme                                  | Home Team Members                      |
| January 2026  | Orientation on Vocational Training & Skill Building (Young Adults)                   | National Office – YA Developmental Centre                | Future Focal Person & Home Coordinator |
| January 2026  | Artificial Intelligence Fundamentals Session                                         | Rukmini Trust & Career DNA Supporter                     | Older Children & Home Team Members     |
| February 2026 | Online Child Protection Policy Training                                              | National Office – Rainbow Homes Programme                | CPO & Home Team Members                |

## Visits:-



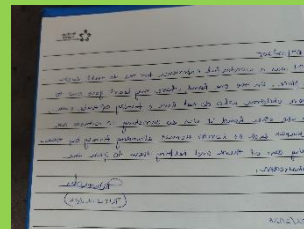
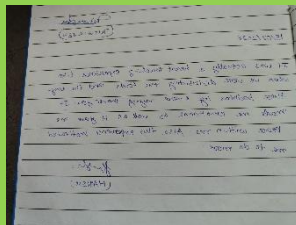
The Home also benefits greatly from the meaningful presence of valued visitors who spend time with the children and staff, offering guidance, care, and engagement. During this period, Sr. Shreya Kiro and Sr. Angel dedicated their time to supporting remedial education, extracurricular activities, and administrative assistance. Their involvement created a nurturing and encouraging environment that strengthened relationships within the Home.

In addition, the festive spirit was beautifully enriched by visits from students and teachers of St. Mary's School during the Christmas celebration. The event included music, dance, games, choir performances, and gift exchanges, creating moments of joy, togetherness, and



lasting memories for the children.

## Visitors Views:-



## Local Donor Support & Networking:-

Loreto Rainbow Home, Sealdah is strengthened through consistent support from individual donors, institutions, and corporate volunteers who contribute to the children's overall development and well-being. Regular assistance includes monthly dry ration support from Mr. Mirza and Ms. Nikita Chowdhury, weekly bread supply from Ms. Shyamashree, and healthcare services, medicines, and medical support from NRS Hospital, KMC, Dr. Layek, and Premananda Hospital through health check-ups and medical camps.

Educational and infrastructural support is provided by Loreto Day School, Sealdah, which assists with maintenance, security, stationery, use of hall and training rooms.

Additional academic and enrichment inputs are offered by various partners such as TFI volunteers (remedial teaching), Bhumi volunteers (life skills sessions), Cognizant volunteers (coding and AI classes), and students and interns from St. Xavier's College, Loreto College, Loreto Elliot Road School, and Loreto Day School, Dharamtala, who contribute through teaching, internships, festivals, and material support including stationery, toiletries, and sanitation items.



**CHALLENGES:-** During this period, children faced challenges such as emotional adjustments, limited space, and resource constraints, along with delays in healthcare and scholarships due to limited support and documentation. Seasonal illnesses and difficult home environments during holidays added further stress. Despite this, children showed resilience, taking responsibility and managing situations with staff support. Though they sometimes felt low, the home team consistently provided care and guidance, ensuring their safety, well-being, and continued growth.

## **Conclusion & Thank You :-**

**As we reflect on this period, we acknowledge the strength and resilience of the children, the dedication of the team, and the unwavering support from families, partners, and well-wishers. Every milestone achieved is a collective effort that continues to shape a brighter future for the children. We extend our heartfelt gratitude to all supporters, donors, volunteers, and stakeholders who have stood beside us in this journey. Your continued trust and encouragement inspire us to move forward with greater commitment and care.**

## **Thank You**

— *Loreto Rainbow Home, Sealdah*

