



LORETO RAINBOW HOME, SEALDAH (LDS) NEWSLETTER APRIL TO SEPTEMBER 2025

The months from April to September 2025 have been a time of transformation, resilience, and growth at Loreto Sealdah Rainbow Home. Despite the many challenges faced — from staff changes to adapting to new routines — the spirit of the Home has remained strong. The new team members have brought fresh energy, and together with the children, have embraced every hurdle with courage and commitment. This period saw a flurry of activities, learning opportunities, and joyful moments that reflect the vibrant life within the Home. Each day continues to be a journey of love, care, and progress — nurturing not just the children, but the community that supports and grows with them.



➔ GENERAL STATUS OF CHILDREN:

Children status :-

Loreto Rainbow Home, Sealdah, is home to a vibrant and resilient community of girls of tender age of six to Eighteen. We are committed to providing a safe, supportive, and nurturing environment where each child can grow and thrive. As of June 2025, the total number of girls was 75. In July, 5 girls exited the Home as their family situations improved, allowing them to return safely. Additionally, one 17-year-old girl chose to leave the Home despite several efforts by the team and her family to encourage her to stay.

Currently, the Home supports **69 girls**, categorized as follows:

- **Ages 6 to 10:** 11 girls
- **Ages 11 to 14:** 46 girls
- **Ages 15 to 18:** 12 girls
- **Children Belonging to the Community (CBC):** 39

Each child remains at the heart of our mission, and we continue to guide them with care, education, and holistic support.

ACTIVITIES:- Nutritional Care:- At Loreto Rainbow Home, Sealdah, consistent efforts are made to ensure the nutritional well-being of all children. Currently, there are no malnourished children, though two girls are underweight and are being given additional eggs to support healthy weight gain. Meals are balanced and varied—fish and chicken are served on alternate weeks, while milk with biscuits, suji, and dalia are provided regularly. Eggs are given twice a week. A dedicated food committee of children actively participates in meal distribution.



Mid-day meals are also supported by Metropolitan School (10 girls) and St. Anne's School (9 girls), enhancing overall nourishment.



Health and Hygiene:-

The overall health status of the children at Loreto Rainbow Home, Sealdah, remains good. Regular monitoring, timely interventions, and awareness sessions help ensure the well-being of every child.

- **Health Camp:**
 - Held on **16.08.2025** by Premananda Leprosy Mission Hospital.
 - Covered **Tuberculosis screening, menstrual awareness, self-hygiene, and eye check-ups.**
 - Distributed **eye drops, first aid kits, ORS, deworming medicines** as donations.
- **Malaria Testing:**
 - **KMC conducted blood tests;** all results were negative.



Provided **paracetamol and ORS** for general use.

-
- **Routine Check-ups:**
 - **Height and weight** measured quarterly.



Deworming medicines provided regularly.

- **Awareness Sessions:**
 - Monthly sessions on **health and personal hygiene**, including menstrual care.
- **Success Story:**
 - Two children sustained injuries from a fall.
 - **Immediate action** taken; they were sent to **NRS Hospital**.
 - **X-rays done** and treatment provided with full care and follow-up.

Education: -

In this period children are enrolled in the following schools:-

School Name	No of children
Loreto Day School Sealdah	39
St Annes School	10
Metropolitan Main Inst	10
Loreto Elliot Road	2
Loreto House Literacy Center	3
Loreto House	5



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.

Methodologies:

Four dedicated remedial teachers support children at different academic levels. One focuses on Classes II–V, another on VI–X (Science group), and another on VI–X (Humanities). A fourth teacher works with students from St. Anne’s School. Lessons are planned day-wise and adjusted according to each student's learning pace.



Educational Activities & Initiatives:

Loreto Day School Sealdah offers online class support, while Bhumi volunteers assist Classes VI–IX. Cognizant volunteers conduct coding sessions using unplugged (computer-free) methods. Regular self-study time is scheduled every evening to promote discipline and independent learning. Ballari Banerjee has conducted special education session for five girls those who are in learning difficulties . Counselling session also



going on from July month where the counsellor has taken group session and one to one session on weekly three days .

Assessments:

In August, children appeared for their half-yearly examinations with rigorous preparation. While the results were average, teachers are now providing targeted academic support to help students improve.

Success Story:

A Class IV student from Loreto Elliot Road won the first round of the 10th Anniversary Arithmetic Genius Contest on 15.10.25 and has qualified for the second round, bringing pride to the Home.

Volunteers and Interns Services

- **Bhumi (LEM) Volunteers:** Conducted interactive, practical-based science classes.
- **Cognizant Corporate Volunteers:** Taught coding using unplugged (computer-free) methods.
- **Teach For India:** Provided one-on-one academic support for Classes I–VII; also engaged children in drawing and crafts.
- **Korean Volunteers:** Conducted singing and music sessions with the girls.
- **St. Xavier's College Interns:** Supported remedial teaching, art and craft sessions, library management, and motivational activities.

LIFE SKILL AND VALUE EDUCATION

During this period, life skills and value education sessions were actively conducted by Bhumi Volunteers and Deepani Encore LLP to support the holistic development of the children.

Classes I–V: Sessions on *young leadership* and the *importance of goal setting*.

- **Juniors:** Focus on *discipline* and building daily habits.
- **Mid-age group:** Guided on *positive behaviour* and *mindfulness practices*.

Extra-Curricular Activities

In this period, we've selected various extracurricular activities based on the children's interests and talents. These activities help in developing confidence, teamwork, and creative expression.

ART (Drawing, Dance, Singing, Skit):

- Around **20 girls** have shown strong talent in **art and drawing**.
- **4 girls** are noted for their skills in **singing**.
- **6 girls** are doing well in **Western dance**, while **4 girls** have shown interest in **classical dance**.

CRAFT:

- Regular craft sessions are conducted, encouraging creativity and hands-on learning, especially for younger children.

SPORTS/GAMES:



- **Throwball:** 12 girls participate twice a week; 6 show exceptional talent. One senior girl is selected for the **National Championship in Maharashtra**.
- **Basketball:** 10 girls attend sessions twice a week, developing strong team play.
- **Kickboxing:** 2 girls from Metropolitan Institute represented at the **National Championship in Salt Lake**, winning **Gold and Silver medals**.



Exposure and Learning Opportunities :-

During this period, children were given various exposure visits through both the Home and their schools. These experiences aimed to enrich their knowledge, build awareness, and provide real-world learning outside the classroom.

- **Loreto Day School Sealdah (Classes VI–X):** Visited **Birla Planetarium Museum** and **St. Cathedral Church**.
- **Metropolitan Institution Main:** Organized an educational tour to the **Indian Museum, Kolkata**.
- **Loreto Elliot Road:** One student visited **Mother Teresa's House**, gaining insight into her legacy.
- **Muchipara Police Station Visit:** 6 girls (ages 13–15) learned about law, safety, and civic awareness.
- **Yogayog Bhavan Post Office:** 6 "Future Girls" visited to understand postal services and communication systems.



Movie Outing with Spain Volunteers: Girls watched "*Tanvi the Great*" at INOX and reflected on life lessons from the film.

Children's Participation and Leadership

All Rainbow children are grouped by age—juniors, middle, and seniors—with each group guided by two staff members and one home mother. Within each group, captains and vice-captains are selected to promote leadership and responsibility.

- A "**Sister Group**" system encourages peer support and collective growth.
- A **suggestion box** is maintained to hear children's voices.

Regular **BAL Sabha** meetings are held to address issues, promote dialogue, and involve children in decision-making.

Celebrations and Festivals (April to September 2025)

From April to September 2025, Loreto Rainbow Home Sealdah celebrated several festivals and special days with joy and enthusiasm. These events helped promote cultural awareness, unity, and gratitude among the children and staff.

- **Rath Yatra**
- **Independence Day**
- **Teachers' Day**

- Doctors' Day
- Sr. Cyril's Birthday
- Bengali New Year.
- World Literacy Day
- Rakhi Bandhan
- Friendship Day
- May Day
- Easter Celebration .



Each celebration was marked with creativity, participation, and learning, making meaningful memories for the children.

Celebrations and Festivals:-

Independence Day (National Festival):

Independence Day was celebrated with great patriotism and pride. The children actively participated by enacting the roles of great freedom fighters, presenting skits, patriotic songs, dance, and recitations. A beautiful India map was created using rangoli, adding color and creativity to the celebration. The national flag was hoisted with respect, and the program highlighted the lives and sacrifices of India's great leaders, inspiring all present.

Teachers' Day (Commemorative Day):

Teachers' Day was a heartfelt tribute to all the remedial teachers, volunteers, and the home team. The children performed group dances, sang songs, recited poems, and staged a drama to express their gratitude. Handmade crafts and small tokens of appreciation were given, supported by the City Desk team. Loreto Day School also hosted a special breakfast and lunch to honor the home team, making the day meaningful for all.

Rakhi (Regional Festival):

Rakhi was celebrated with warmth and community bonding. Children made handmade rakhis and tied them to school Group D staff, volunteers, civic workers, vendors, and local community members as a symbol of love and respect. A special lunch was organized, and the celebration helped foster values of brotherhood, gratitude, and inclusiveness among the children.

ENGAGEMENTS WITH FAMILIES:

At Loreto Rainbow Home Sealdah, strong efforts are made to maintain consistent engagement with families to support the overall well-being of the children.

Monthly Parents' Meetings are held on the last Saturday of every month. During these gatherings, parents are updated on their child's progress in education, health, hygiene, and nutrition. Alongside this, **awareness sessions** are conducted on important topics such as child marriage, addiction, family planning, and personal hygiene.

Parents are also encouraged to support each other in opening **bank accounts**, securing **birth certificates**, and maintaining essential **documents safely**, ensuring better access to services and support systems.

OVERVIEW FOR BUILDING SOCIAL PERSPECTIVE

At Loreto Rainbow Home Sealdah, children are consistently encouraged to understand and engage with the world around them. Through sessions on environmental conservation, health and hygiene, school environment, and fire safety awareness, they developed a deeper sense of responsibility, critical thinking, and care for their surroundings. Life skills and value education remained a key focus, nurturing emotional intelligence, empathy, and ethical decision-making. Activities around self-awareness, mindfulness, and personal growth helped children build confidence and navigate everyday challenges with resilience and maturity.



Community engagement played a vital role in shaping the children's social awareness. By tying rakhis to local workers, visiting cultural sites, celebrating Doctors' Day, and joining exposure visits like post office tours and educational film screenings, the girls gained a broader perspective on community life, traditions, and future possibilities.

TEAM:- Staff Status

The strength and success of Loreto Rainbow Home, Sealdah, lie in the dedication of its committed team members who work collaboratively to support the holistic development of every child.

- **1 Coordinator** – Oversees overall functioning and coordination of the Home.
- **1 Social Mobiliser** – Engages with families and communities to ensure continued support and outreach.
- **1 Future Focal Person** – Guides older girls in planning for education, vocational training, and independent living.
- **4 Remedial Teachers** – Provide academic support tailored to the individual learning needs of the children.
- **1 Counsellor** – Supports emotional and mental well-being through regular counselling sessions.
- **3 Home Mothers** – Ensure day-to-day care, emotional support, and supervision of the children.
- **1 Special Educator** – Works with children requiring additional learning support.
- **1** – Karate teacher and **1** – Throw ball teacher – they are supporting the children in sports .

Rainbow Team

Team Member Reflection: Purnima Dey (Home Coordinator and Health Incharge)

“I am Purnima Dey, and I have been associated with Loreto Rainbow Home for the past nine years. Over this journey, I have taken on various roles—working in health, as a Home Manager, and currently serving as a Coordinator. After the closure of the Rainbow Home at Elliot Road, I was transferred first to Loreto House Rainbow Home and, since June, I have been serving at Loreto Sealdah Rainbow Home. Despite challenges such as staff shortages, I have continued to move forward with dedication, managing responsibilities through teamwork and strong coordination. After the shifting of children from other homes to Loreto Sealdah, I focused on building relationships with them through motherly care and understanding.

I am truly grateful to all the Home staff and the City Desk team who have supported me throughout this journey. Thank you.”

Team Trainings:-



May – Long-Term Strategy Training Strategic planning for Rainbow Home’s future

June – Team Mentoring Session Emotional well-being, value reinforcement, and role alignment

July – Internal Capacity Building Strategy mapping, goal setting, team empathy (Ms. Mereca & Sr. Priyanka)

July – ROR Upgradation Orientation Training on updating Record of Responsibility (ROR) documentation

July – Child Protection Officer (CPO) Training Role clarity and child safety (held at CNLU, Patna)

August 12–13 August Long-Term Finance Strategy Training Financial planning and sustainability strategies

August – ROR Upgradation Orientation (Continuation) Advanced documentation practices

September – Meditation & Team Reflection Inner focus and well-being (Heartfulness Organization)

September – Future & Aftercare Girls’ Journey Sharing Learning from lived experiences of older girls

September – MS Excel Training Digital skills enhancement (Trainer: Mr. Swarna, Cognizant)

Overall Takeaway

These sessions collectively fostered personal growth, emotional intelligence, and a stronger, more supportive community at Loreto Rainbow Home Sealdah.

Visits:- During this period, Loreto Rainbow Home Sealdah was privileged to welcome several visitor and interns who brought new energy, skills, and warmth to the children.

- ❖ **Irish Volunteers** engaged with the children through interactive sessions and cultural exchange, creating memorable learning moments.
- **Spain Rainbow Families** visited and spent quality time with the girls, encouraging bonding through fun activities and life-sharing experiences.
- **St. Xavier’s College Interns** supported the home in remedial teaching, library work, art & craft sessions, and motivational engagement.



These visits greatly enriched the children's social exposure and added value to their overall development.

Visitors Views:-

Mr. Mirza :- “ *I have been associated with Loreto Rainbow Home, Elliot Road, for a long time. I know Purnima Miss very well and have always had deep love and affection for the Rainbow girls. Every year, I organize a scholarship programme for the children to support their education. On a monthly basis, I extend my support through donations of dry rations, uniforms, winter clothing, and by celebrating birthdays with them. One of my most memorable moments was celebrating my daughter’s wedding reception with a grand party at the Rainbow Home last year—it was a joy to share such a special occasion with the girls. I am always*

extremely happy to be connected with Loreto Rainbow Home and will continue to support their beautiful journey.”

Local Donor Support (April–September 2025)

- **Mr. Mirza:** Monthly donation of rice and cooking essentials.
- **Ms. Nikita Chowdhury:** Monthly supply of toiletries for the children.
- **Ms. Shyamashree:** Weekly bread donation.
- **Mr. Sumit:** Support with toiletries, stationery, and dry ration items.
- **Local Councillor Mr. Sajal Ghosh:** Provided dry ration support.
- **Loreto Day School, Elliot Road:** Monthly donation of sanitary napkins.
- **Loreto Day School, Sealdah:** Ongoing support with school stationery, remedial teaching, maintenance, and school space usage.
- **Premananda Leprosy Mission Hospital:** Organized a health camp, distributed medicines, and conducted health awareness sessions.
- **Kolkata Municipal Corporation (KMC):** Health check-ups, blood tests, deworming medicine, and ORS supply.
- **NRS Hospital:** Free health check-ups and medication.
- **Spain Volunteers:** Provided educational materials, games, and stationery through engaging activities.



CHALLENGES:-

During this period, children encountered several challenges including emotional adjustments due to frequent staff changes, space constraints, and limited resources. A shortage of staff and funding impacted food variety and emergency healthcare support. Delays in accessing scholarships occurred due to lack of ID documents. Seasonal illnesses and unsafe home environments during holidays added further stress. These challenges were met with strengthened staff involvement, regular family outreach, adaptive planning, and timely medical care—ensuring continued safety and support for all children.

Thank You

As we look back on the months from April to September 2025, we are deeply grateful to everyone who has been part of the Loreto Rainbow Home Sealdah journey. All our dedicated staff, volunteers, and interns—all of their unwavering commitment, care, and teamwork have made a lasting impact in the lives of our girls. To our local donors and well-wishers—generous support in the form of food, healthcare, educational materials, and celebrations has filled our home with joy and hope. All our partner schools, training teams, and community members—thank you for walking alongside us, guiding and empowering our children every step of the way. Most importantly, to our children—Those who are continue to inspire us every day with your strength, creativity, and determination. Together, we remain committed to building a safe, nurturing, and empowering space for every child. Thank you for being part of this mission.

— Loreto Rainbow Home, Sealdah

