



# DREAMS NEWSLETTER

2025-2026

## CHANGANASSERY CHAPTER



DREAMS Changanassery Chapter  
DREAMS Summer Camp 2025 Day 3  
14.05.2025 03:59 pm  
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DREAMS Changanassery Chapter  
DREAMS FOLLOW UP CAMP 2025  
02.08.2025 11:00:00  
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Changanassery chapter

## DREAMS 5 DAY CAMP



The DREAMS Intervention Programme had wrapped up its 2025 Summer Camp with loads of energy, laughter, and learning. Both first and second-year mentees had joined in from 12th–16th May, diving into themes like Self-Concept & Self-Esteem, Dreams & Purposes in Life, Values to Reach Goals, and Empower Yourself.

Each day had kicked off with inspiring guest talks from amazing speakers like Mr. Sibi Chandy, Mr. Kevin Thomas, Mrs. Parimal Antony, and Mrs. Grace Antony. From there, the mentees had been busy with icebreakers, debriefs, creative challenges, and activities like the Compliment Circle, Treasure Hunt, Triple Threat, skits, and art reflections.

At first, a few mentees have been shy, but with encouragement from their mentors, they have stepped out of their comfort zones, laughed more, shared more, and surprised themselves with new confidence. By the final day, the group had been buzzing with energy, setting personal goals, celebrating teamwork, and leaving with a strong sense of empowerment.

The second-years camp had been just as exciting, with themes like You and Your Family, Teamwork, Friends and Life Successes, and Communication & Success, mentees have jumped into fun activities like Pictionary, rope-passing, cup-and-balloon challenges, collage-making, and even blindfolded communication games. A museum trip and a thoughtful session on “good touch and bad touch” have added meaningful learning along the way. Mentors have kept the fun going, even when energy has dipped, and both mentors and mentees had shared insightful feedback.

# READING DAY

പി. സുരേഷ് പാഠിക്കുന്ന  
ദിനം - 19 ജൂൺ രാത്രി.

കേരളത്തിലെ പ്രസാധപ്രസ്താവനക്കു  
വിനാഗ്ര ചൗമിക്കേടുപാടുകൾ  
അഭ്യന്തര പാഠിക്കുന്ന ദിനം ഡി. 1996.

പാഠിക്കുന്ന സെന്റ്. സൈലെംഗ്ടിലെ നി. എം.  
രിൽ 1909 ദാർച്ച ദാനിക ഘോഷിച്ച. 1926-ൽ  
മനുഷ്യ ജീവനാടിക മന്ദിരമായി മനു  
ഖപരമായ ഒരു പിന്തും. വാദ്യങ്ങൾ ചെല്ലാ  
വിനിയോഗിപ്പിച്ച കൊണ്ട് മനുഷ്യ ക്ലാസ്സുകളിൽ  
ഉം മാനസിക സംശയവിച്ച. മനുഷ്യപ്രകാരം  
വിനിയോഗിച്ച മനുഷ്യ 1995 ഡി.ജൂൺ 19-ന്  
മനസ്താതിച്ച. മനുഷ്യപ്രകാരം മനുഷ്യ  
ഡി.ജൂൺ 19, 1996 ഒറ്റത്തെ മെരുളാളിക്ക്  
മനുഷ്യ നിന്നും സ്വന്തമായി മനസ്താതിച്ചു.

2017 അറ്റത്ത് ഡി.ജൂൺ 19 ദിവസിലെ  
ദിനാശിയ പാഠനഫലാം.

-Written by a mentee

## WORLD POPULATION DAY

For World Population Day, our mentees have written heartfelt letters to their future selves—imagining how the world may look years from now. From climate change and overpopulation to sustainable living, equality, and youth empowerment, their letters have been filled with thoughtful dreams and hopes.

On 15th July, our mentors had also gathered at KristuJyothi College of Management and Technology for a vibrant World Population Day programme. Hosted by Sreelakshmi S, with a beautiful prayer by Maria Sara James and Anugraha Mariam Abraham, and a warm welcome from Gowdham G. Nair, the event had started on a perfect note.

"A DAY TO HONOR THE POWER OF WORDS AND THE WISDOM OF BOOKS."

Reading Day had given our mentees a chance to celebrate the Father of the Library Movement in Kerala—P.N. Panicker. They had written creative pieces on the value of reading, and their reflections have shown just how powerful books can be. Mentors have guided them along the way with special outreach sessions on 17th and 18th June. The initiative has not only sparked creativity but has also built stronger reading habits and writing confidence.

## FOSTERING MINDS



The highlight of the population day programme had been an eye-opening talk by Ms. Mariya John, Assistant Professor, Dept. of Geology, who had spoken passionately on "The Power of 8 Million." She had shown how the real solution lies not in reducing population but in empowering people, perfectly tying into this year's theme, "Unleashing the Power of Youth and Ensuring Their Rights and Choices."

After, a Kahoot quiz had lit up the room, with Devija Anil Kumar taking the crown. The day had wrapped up on a high, leaving everyone inspired, motivated, and ready to shape a brighter, more inclusive tomorrow.

# DREAMS FOLLOW-UP CAMP

***"Little leaders, big impact."***



**Big voices. Brave choices.  
Bright futures. That's what  
we're growing here at camp**

On Saturday, August 2nd, the Changanassery chapter of DREAMS came together for a lively follow-up camp at Kristu Jyothi College, Changanassery, filling the campus with laughter, music, and energy. Mentors and mentees extended birthday wishes to Tampson Father, Judith Sarah Joby and 2nd-year mentor Ananya Lakshmi.

After registration, the kids had jumped straight into activities, shaking it up with a fun-filled Zumba session. Each batch has then been welcomed by their MCs and introduced to the day's theme. Inspiring guest sessions have been delivered by Mr. Kevin Thomas, Mr. Siby Chandy, and Mr. Acquins, sparking lots of thought and reflection.

The day had been packed with games, songs, and dances, every activity tied beautifully to the day's theme. After a hearty lunch, the kids settled down to write in their workbooks, capturing their reflections and learnings. As the camp had drawn to a close, the atmosphere lit up with a colorful Independence Day-themed cultural program. Tampson Father and Ms. Tessy, along with the second- and third-year mentees, had shared their thoughts on the follow-up camp and brainstormed ideas for future activities. Finally, everyone had gathered together for a joyful photo session.



# INDEPENDENCE DAY

This year, Independence Day had been celebrated in style alongside our first follow-up camp on August 2nd. The celebrations had begun in the afternoon with exciting activities that filled the camp with patriotic spirit, laughter, and creativity.

For the first-year mentees, the fun kicked off with a vibrant session led by Abel Malayil and Judith Sarah Joby. Mentees have received tri-colored bands and dived into a lively leadership election exercise within their teams. The energy has continued with a group song performance and an engaging game called “Leaders Say” led by Sreenandha and Ann Mariya. To wrap things up, the first years had staged entertaining skit performances. Meanwhile, the second-year mentees have shifted focus to preparing for their special program presentation. Each team had been assigned a state of India, and they had been busy all afternoon brainstorming, rehearsing, and showcasing creativity.

A highlight of the day had been the Flag Making Game, where mentees had poured their imagination and teamwork into colorful creations that perfectly matched the Independence Day spirit.

The celebrations have concluded with a grand Program Presentation, where both creativity and collaboration have taken center stage.



# CCCCCCCCCCCC

## SOME OF THE WORKS BY OUR MENTEES



AMAL DEV



SREEBALA RAJESH



AMAL DEV



AKHILAR



JOSEPH BIJU



ALOYSIUS BIJU

# ACHIEVEMENTS

## KARATE CHAMPIONSHIP

We are proud to announce that Miran Mariam Dileep, a talented Class VI student of St. Teresa's H.S.S, has won the Sub-District Karate Championship (Under 45kg category). With her dedication, discipline, and hard work, Miran has qualified for the District-level Championship.

Her achievement is an inspiration to all young learners, showing that determination and consistent practice can bring success both inside and outside the classroom.

Apart from excelling in Karate, Miran also finds joy in journaling. Writing her thoughts and experiences helps her stay creative, reflective, and focused—qualities that also support her success in sports and academics.

The Dreams Community extends heartfelt congratulations to Miran and her proud parents. We wish her continued success in both academics and extracurricular activities. May she keep winning hearts and achieving greater heights at district, state, and national levels.



MIRAN MARIAM DILEEP

## SECURED A GRADE IN UNIVERSITY KALOTSAVAM

**Maria Sara James** from Kristu Jyoti College of Management & Technology, achieved A grade for DASTAK 2025 - MG Uni Kalolsavam. Around 70 participants were there to compete. it was held at Al Azhar College, Thodupuzha.

it was a new experience, getting to meet a lot of new talented young people and learned a lot from their dedication and determination to be the best ~

**Nandana Ratheesh** from Kristu Jyoti College of Management & Technology, achieved A grade for DASTAK 2025 - MG Uni Kalolsavam. Around 104 participants were there to compete. it was held at Al Azhar College, Thodupuzha.

it was a new experience, getting to meet a lot of new talented young people and learned a lot from their dedication and determination to be the best ~



## SNAPSHOTS





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