



MAR IVANIOS COLLEGE

Autonomous | Committed to Excellence in Higher Education since 1949

Accredited (Fifth Cycle) with A++ Grade by NAAC | DST-FIST College | NIRF 2024 - 66th Rank
UGC College with Potential for Excellence | UGC PARAMARSH Mentor College
(Affiliated to the University of Kerala)



Empowering Communities



DREAMS Newsletter 2025-26

Mar Ivanios Chapter



About DREAMS

The DREAMS programme is a three-year curriculum-based community mentoring project for underserved middle school students in collaboration with local university/college students and community volunteers. The programme is implemented through a five-day summer camp, quarterly follow-up programme, and fun monthly activities. This programme does not charge any fees from students, reflecting its commitment to inclusive education and equal access to learning opportunities.

Why DREAMS ?

The purpose of the DREAMS programme is the holistic (Psycho-Social-Leadership) development of middle school students through a clear and realistic life goal. The DREAMS programme helps students identify themselves their talent and develop them to the full potential. The focus of the programme will also be to develop the physical, psychological, social, emotional and spiritual aspects of each student so as to make them socially responsible teenagers in the next three years.

Moon Landing Celebration

26th July 2025



The Moon Landing Celebration was held on 26th July 2025 at 2:00 p.m. at the Christ Nodal Office, Vazhuthacaud, with the aim of promoting scientific curiosity and awareness about space exploration. The programme was graced by the esteemed chief guest, **Dr. S. Geeta, former Programme Director – Space Transportation System, ISRO (VSSC), Thiruvananthapuram**. Dr. Geeta delivered an inspiring talk on space science, planetary systems, orbital mechanics, and the challenges of space missions. The session saw active participation from mentors, coordinators, and community mentors, making it an engaging and enriching experience for all.



Gandhi Jayanti Celebration

2nd October 2025

The DREAMS Mar Ivanios Chapter observed Gandhi Jayanti by encouraging mentees to practice Gandhian values such as cleanliness, discipline, and self responsibility. As part of the celebration, a cleanliness drive was conducted in which mentees cleaned their homes, study areas, and surroundings and shared photos and videos of their activities. The initiative promoted hygiene, personal accountability, and awareness about the importance of a clean and orderly environment, making the celebration meaningful and impactful.



The DREAMS first-trimester follow-up for selected middle school students was held on 9 August 2025 at the Silver Jubilee Hall, Mar Ivanios College, Nalanchira, with the theme “Be the Leader of Your Life.” The programme focused on developing leadership qualities by helping students understand responsibility, communication, and self-direction through interactive activities.

The guest speaker, Mr. Anup Varghese Philip, spoke on the importance of leadership in personal life and discussed the qualities of a good leader, engaging students through interaction and reflection.

Friendship Day and Senior Citizen’s day was also celebrated as part of the programme. The mentees, mentors, and community leaders visited Snehaveedu, Benedict Nagar, where students interacted with the elderly through cultural and entertainment activities. This experience encouraged empathy and responsibility toward elders, and during the debriefing session, students reflected on concerns about the neglect of the elderly.



Second Trimester Follow - up 15th November 2025



The DREAMS second-trimester follow-up for selected middle school students was held on 15 November 2025 at the Silver Jubilee Hall, Mar Ivanios College, Nalanchira, with the theme “The Joy in Giving and Receiving.” The programme highlighted the importance of generosity as a core value in childhood. It emphasized that acts of giving foster empathy, gratitude, and social responsibility, while receiving appreciation supports emotional growth and a sense of belonging. Through this theme, the follow-up aimed to show how kindness and reciprocity contribute to the holistic development of young learners and promote a more caring and connected community. The guest speaker for the day, Dr. Rani Mary George, delivered a talk on “The Joy of Giving and Receiving.” She stressed the importance of kindness and sharing in helping individuals remain empathetic, socially responsible, and value-driven in life. As part of the follow-up, A talent show was held where mentees and mentors showcased their skills, fostering a sense of belonging and appreciation.

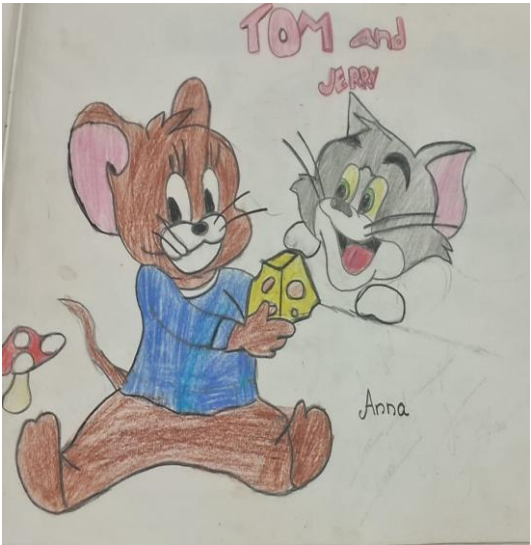
The college mentors, project leaders and community mentors of DREAMS - Mar Ivanios Chapter, were part of The Swachh Sagar Surakshit Sagar Campaign is a nationwide initiative led by the Ministry of Earth Sciences (MoES) and the Ministry of Environment, Forest and Climate Change (MoEFCC). It aims to raise awareness about marine pollution and encourage sustainable practices along India's coastal regions. This campaign is aligned with International Coastal Cleanup Day, observed annually on the third Saturday of September. The participation was facilitated through the invitation of Mr. Thomas Lawrence (Community mentor – Dreams Mar Ivanios Chapter) who was the vice chairman of the organizing committee of the initiative.



Through Mentees' Art



- Jefrin



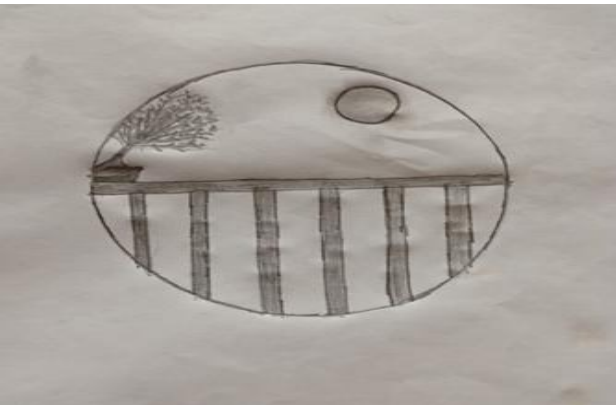
- Anna Amy Paul



- Naveen R



- Varshini S



- Akshaya



- Pavitra J P

Through Mentors' Words

അമ്മ

അറിയുന്നുണ്ടെൻ
മനസ്സ് പന്ദനമെന്നും അലിയുന്ന
സ്നേഹമെൻ
അമ്മയെന്ന് ഉറവയിൽ ഊറുന്ന
കുടിനീരിൻ പുണ്യമാ
സ്നേഹധാരയ്ക്കുണ്ട് എന്ന്.

ആഴത്തിലാഴത്തിലാത്മാവിനാഴ്
ത്തിൽ സ്വർശിക്കുവാനാർക്ക്
കഴിയുമെന്നോ ആ
സ്നേഹധാരതൻ
പേരാണൊതുപമെന്നറിയേറിയേ
ണ്ടതുണ്ട്

ഇത്തിരിപ്പൂവിൻ സുഗന്ധം
പോലെ ഈറനണിഞ്ഞ പ്രഭാതം
പോലെ ഇത്തിരി സ്നേഹം
കൊതിച്ചെത്തവെണുരടി
മൊത്തമായേകുമമ്മ

ഉരിയാടിപ്പാതമ്മ
അറിഞ്ഞിടുന്നു ഉണ്ണിക്കിടാവിന്റെ
ഉള്ളമെല്ലാം ഊക്കിലാ നോവ്
തിർത്തിടുന്നു ഉണ്ണിറഞ്ഞൊരു
നന്മയാലെ

ചിരിതുകും ചുണ്ടിലും -
ഒളിയില്ലാമനസ്സിലും തെളിനീരായ്
തെളിയുമാ
മാതൃസ്നേഹം കനവിലും
നിനവിലും ഒരു സ്നേഹം -
ജാലയായ് പരിലസിക്കുന്നുവാ
സ്നേഹവായ്പ.

സുഭദ്ര. എസ്
ബി.കോ

At The Edge Of The Cliff

He walks to the cliff
As his mind is in a drift
Lonely and stiff
In hope of a clear swift

He looks at the sky
And takes a deep sigh
Sees a glowing star fly
Like a child, with dreams to try

He thinks his childhood day
When he was bold and spry
He remembers his father's say
That, life is like this sky

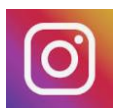
Sometimes it's the glowing scar
Sometimes the silent star
Both shines like diamond in the
dark
And we learn to value their spark

Aneesh S Nair
B.com



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