



Empowering Communities



**CELEBRATING
25 YEARS
OF EMPOWERING COMMUNITIES**

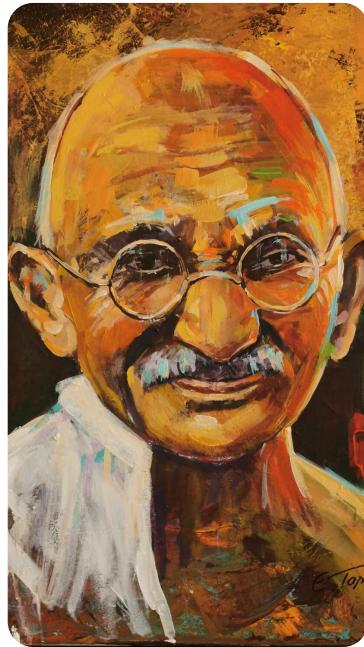


Dedicated to all the remarkable individuals whose unwavering dedication, boundless energy, and precious time have fueled the remarkable journey of the **Let Us Dream**, now celebrating its magnificent 25th year.



“Dream is not something that you see while sleeping, it is something that does not let you sleep. Dreams transform into thoughts, and thoughts result in action.”

Dr A. P. J. Abdul Kalam



“If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. We need not wait to see what others do.”

Mahatma Gandhi



“Since you belong to God, you should be given back to God.

Let there be no day in your life in which you did no good to others”.

St Kuriakose Elias Chavara



LET US DREAM

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Let Us Dream, a visionary community volunteering organization, was born from the noble aspiration of nurturing holistic communities worldwide. Since its inception, this global movement has been unwavering in its pursuit of creating a sustainable world where every individual and society collaborates harmoniously. Let Us Dream embodies the concept of a global family, where diverse ethnic groups unite to champion the cause of holistic development.

At the heart of Let Us Dream is a community-based working model that not only brings people together but also forges essential connections among community organizations. The organization's mission is to unlock and refine the untapped potential within individuals, particularly in the realm of psycho-social leadership. Through dedicated research and continuous evaluation, Let Us Dream strives to transform this vision into a tangible reality. Let Us Dream extends a heartfelt invitation to all individuals to join this global community, uniting our efforts to elevate societies toward a brighter future. Together, we can sow the seeds of positive change that will benefit us and future generations. Each of us possesses the power to be a catalyst for positive transformation, creating a ripple effect that promises to make the world a better place.

The Goal of the Let Us Dream program is the holistic development of youth through clear, realistic goal setting in life. Focus will be on the physical, psychological, emotional, social, spiritual, and leadership aspects of each and every individual forming a group of socially responsible, mature, And successful teenagers in three years.

VISION

Empowering Communities For
Global Harmony & Holistic Success.

MISSION

- Promote the hidden talents for the holistic success of youth and adults
 - Enhance collaboration for sustainable achievements of communities
 - Create diverse platform for opportunities and a support system where unidentified/struggling individuals to be empowered
 - Develop social commitment and responsibilities with a global outlook
-

CORE VALUES

Inclusive Collaboration
Passion for Service & Stewardship
Talent Development & Mutual Empowerment
Continues Commitment for Improvement & Innovation
Global Perspective and Social Commitment



Global
Harmony

Responsible
Living

Support
Team

Sustainable
Growth

Divergent
Participation

Social
Commitment

COMMUNITY EMPOWERMENT



Service
Mindedness



Collective
Growth



Global
Commitment

CORE
VALUES



Collaboration



Talent
Enhancement

LET US DREAM

FOREWORD



Dr Fr Jose C C
Vice Chancellor,
CHRIST (Deemed to be University)



The narrative of any movement highlights the journey of an idea, evolution of a vision, and the realisation of a dream, leading to the pathways of the future.

The Let Us Dream project stands as an extraordinary exemplar of these foundational elements at its core, as it empowers our youth and imparts invaluable mentorship through diverse interventions. It is a testament to the power of an idea, born in the humble corridors of a college, evolving into a grand vision that seeks to transform communities through a wholly volunteer-driven initiative.

The 25 Years of Let Us Dream project showcases myriad forms through which people have united to bring out the best in themselves and their communities.

This project stands as a humble tribute to the enduring spirit of human potential and an unwavering dedication to social progress.

The journey depicted across these pages is one of empowerment, personal growth, and an unwavering commitment to a brighter world. Nevertheless, the impact of this program resonates far beyond the words on these pages.

It extends into the communities where these future leaders are making a real and lasting difference.

I commend the Let Us Dream team for their unwavering commitment to making the world a better place, one young leader at a time.

It is through programs like this that we sow the seeds of transformation and positive change.

I trust that each of you, cherished readers, will find the same wellspring of inspiration within these stories as I have, and find a profound sense of purpose and a renewed commitment to create a positive change in our communities and beyond.

These pages are not just about reflecting on the past but also an earnest invitation to ponder our shared future. It is an invitation to dream, to aspire, and to take action.

Let us remain steadfast in our commitment to bolstering and fostering the dreams and ambitions of our youth, for it is they who shall guide us toward a future brimming with radiance and prosperity.

Together, we aspire to empower not only our youth but also ourselves, igniting the flames of passion within us. With these fervent flames, we will ignite movements capable of illuminating the path to a brighter, better world for all.



Dr Fr Lijo Thomas CMI
Founder / Director,
Let Us Dream



“If you want to go fast, go alone; if you want to go far, go together.”

The significance of this moment is colossal, attributable to the force
that drives the entirety of the organization.

It is the acts and beliefs of these forces of individuals
that have influenced the success of the missions carried out throughout these years.

Let Us Dream, unlike many other organizations, does not hold tangible assets.
It is the power of these intangible assets that we are witnessing today -
the stories made by those who believe in the intangible.

Let Us Dream has evolved into what it is today on account of the
multitude of individuals who have believed and contributed in their own way.

I want to take this opportunity to thank all those individuals
who have invested their time, energy, and a portion of their lives
to help the goals of the organization thrive.

While many of these individuals are not currently a part of our team,
as they are diligently pursuing their own evolving priorities,
their creativity, innovative contributions, and insights
continue to resonate within the organization, influencing its daily activities.

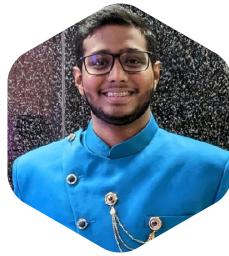
It is the fruit of their labor that we are harvesting today.
Expanding this program gradually to more young individuals
who can bring about a difference in our contemporary society is my aspiration for the future,
as quoted by Mahatma Gandhi, “Be the change that you wish to see in the world.”

My beliefs and principles align with the ideologies of
Dr A. P. J. Abdul Kalam and St Kuriakose Elias Chavara,
who believed in the enforcement of the youth over societal concerns.

These notions remained persistent in my mind. Instead of waiting for external interventions,
the youth can be the solution to bring about the change that
the community needs as a means to make this world a better and safer place.
Let Us Dream would not have evolved as it has without each person's involvement and contribution.

Thank You!

ACKNOWLEDGEMENT



Mr Yogesh L
Strategic Executive Leader
Let Us Dream



I take great honor in recalling the eventful journey of 25 years, on this occasion of the Silver Jubilee of Let Us Dream. The core vision of Let Us Dream is to connect community organizations and service initiatives with diverse groups of people, aiming to empower the community as a whole. This jubilee report is the culmination of twenty-five years of collaborative effort, reflecting the collective aspirations and shared vision of individuals from diverse cultures, nationalities, and belief systems who collaborated in conceiving, designing, executing, assessing, and refining the initiatives under the Let Us Dream umbrella.

It is a celebration of the Let Us Dream community's commitment to empowering communities worldwide. The Let Us Dream vision has evolved from its humble beginnings as a small music band to a global community project, made possible by the benevolence of local communities and university volunteers. This transformation would not have been conceivable without the selfless dedication of those who embraced this vision as their own. The Let Us Dream community organization has transcended borders, connecting with leaders, changemakers, and scholars from every corner of the world. It has instilled a sense of global responsibility and a passion for service, fostering an inclusive spirit of collaboration. This year not only marks a celebration of 25 years, but also a pivotal moment to forge connections, build, and empower the community for the future ahead.

As we reflect on the journey of Let Us Dream, we are reminded of the profound impact that intergenerational mentoring has had on the lives of the young students we serve. Volunteers, through their time, talents, and resources, have created ripples of positive change that resonate through individuals, communities, and the world at large. In the words of the Dalai Lama, "Just as ripples spread out when a single pebble is dropped into the water, the actions of individuals can have far-reaching effects." Through the project, we are collectively creating far-reaching effects on the lives of many around us. The continuous strive for change and growth has made this organization stand where it does today.

The Let Us Dream Jubilee Report stands as a testament to the tireless efforts and unwavering dedication of a remarkable team. Thank you Dr Fr Lijo Thomas for leading us toward this goal and for your continued leadership and guidance. I extend my heartfelt gratitude to Divya Shree and Lisha Singh for their meticulous coordination within the editorial team. Thank you Mr Naived George Eapen for his invaluable contributions and exemplary leadership in the design of this report. The commitment and contributions of each member, namely Devika M, Shayari Shiv, Akshaya R Nair, Madhulika K S, Nileena, Chandra Mouli, Kavya Arun, Kashish Agarwal, P V Dhaniksha, Deekshitha T P, Divya Shree A, Lisha Singh, Pranathi V, Karre Sri Vinati, Anushya Francisca, Satyajit Pandey, and Abith K Sunil have been instrumental in expediting the completion of this report.

Together, let us continue to steadfastly pursue our shared vision: "Empowering Communities. It is in unity that we find our strength, and in empowerment, we leave behind a lasting legacy."

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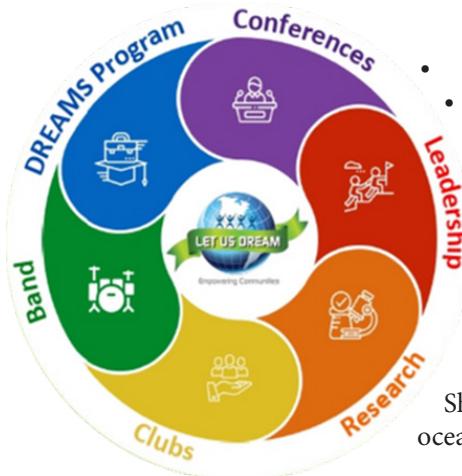
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INTRODUCTION

LET US DREAM is a locally rooted and globally established Not-for-Profit Organization. It was conceived with the idea of creating holistically developed communities worldwide. It has strived for this since its inception. We at LET US DREAM firmly vouch for the idea of a global family where each individual and society works interdependently to create a sustainable world. The program comprises like-minded people from all ethnic groups worldwide to support, guide, and lead this vision of holistic development in the growth of individuals and society.

LET US DREAM operates using an impactful and effective community-based working model that joins people together while bridging community organizations. LET US DREAM aids, nurtures, and hones the untapped potentials of individuals in the psycho-social leadership aspects of life. LET US DREAM, through rigorous research and continuous evaluation, strives to accomplish this vision through its six unique projects:



- DREAMS Intervention Program
- DREAMS Band
- Community Conferences
- Let Us Dream Clubs
- Fellowships
- Research Wing

Mahatma Gandhi's philosophy of "Be the Change you wish to see in the World" has been our motto and a guiding principle since our inception. The LET US DREAM team has always been inspired by the quote of the Saint of the Gutters, Mother Teresa. She said, "What we are doing is just a drop in the ocean. But if that drop was not in the ocean, I think the ocean would be less because of that missing drop."

Inspired thus, LET US DREAM invites everyone to join this global community to raise and uplift our societies to progressive and better living standards so that we and the generations to come may reap the benefits of the seeds we sow today. Each of us is called to act as a catalyst to positively impact another person in our respective lifetime. Each of us has the power to foster positive change, which can have a spiraling impact on making the world a better place.

The LET US DREAM organizational culture is rooted in the universal human values after the vision of St. Kuriakose Elias Chavara, that is, the integral formation of a person and commitment to society. We, as humans, have so much to offer to society. The success of each individual strengthens and acts as the foundation for our society to grow upon. We believe humanity to be one global family, tied together, where our excellence and holistic success as an individual or collectively as a society is interdependent on each other. Growing in the holistic view of life, we would like to DREAM and grow together.



HISTORY OF LET US DREAM

Phase 1

Dr Fr Lijo Thomas Pathickal CMI, is deeply committed to nurturing the holistic development of children and youth, with a special focus on those who may be shy, introverted, or lacking in self-confidence. He firmly believes that empowering young individuals with self-assurance and robust social skills equips them to confront life's myriad challenges and wholeheartedly pursue their dreams.

Father Lijo's own formative years were marked by personal challenges, which ultimately served as a crucible for his development. These experiences sensitized him to the needs of young people facing similar trials. It was against this

backdrop that the DREAMS project took root, during the years 1998–2001, when he was pursuing his undergraduate studies at UC College, Aluva.

During his time at the college, Father Thomas assumed the roles of both guitarist and coordinator for the Western music band. This musical journey paved the way for a groundbreaking initiative. The band, in collaboration with Jeevan TV, embarked on a series of music performances known as "DREAMS: The Songs of Love." This series marked the commencement of the FIRST PHASE of the DREAMS program, an endeavor aimed at uplifting and inspiring young hearts to reach for their aspirations and potential.



Fr Lijo Thomas, Jagan George, Vinu Jacob, & Dawn Jose
practicing at UC College, Aluva in 1999



Phase 2

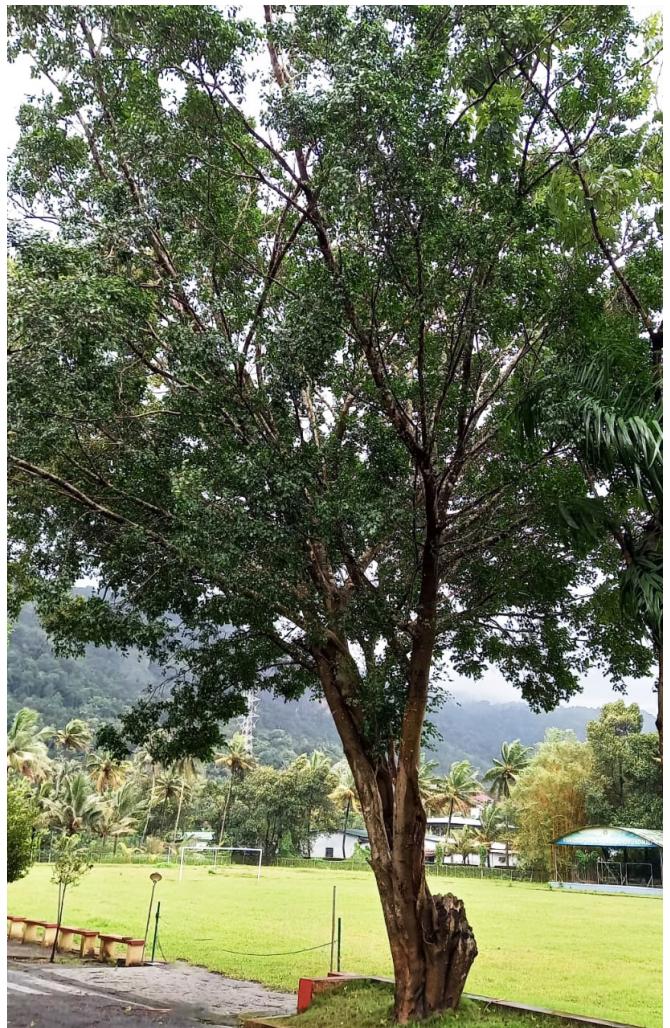
The Second Phase of the DREAMS project took its shape in Bangalore at Dharmaram/Christ College in 2002. The organizers proposed a stage show based on a music band to promote and celebrate the dreams and visions of St. Chavara, then-president Dr Abdul Kalam, and many other visionaries. The program targeted senior secondary school students and aimed to motivate them with the band's performance.

Fr Lijo Thomas shared his vision with Fr. Jaison Mulerical, and got encouraged to proceed with the plan. Father invited a few more brothers (from different provinces), Fr. Kurian Kollamattel, Fr. Joseph Kusumalayam, Fr. Jossy Pulakudiyil, Fr. Anil Puthuparampil, Fr. Anil Konkoth, Fr. Mathew Kareethara, Fr. Amal Kumbukal, Fr. Siby Malola and Fr. Joshy Manale to become a part of the project. After a few discussions and meetings, they decided on a three-hour stage show to motivate youth instead of a single-day program.

Fr submitted the DREAMS Motivational Show proposal to Bishop Antony Kariyil and scheduled the program for St. Chavara's 200th birth year. Bishop Kariyil was very encouraging and discussed with Fr. Rector and Fr. James Narithookil gave permission. Under the direction and support of Fr. Thomas Chathamparapil, they began working as a team. The proposed program evolved into a three-hour, uninterrupted stage show with original and inspirational songs and multimedia presentations. The program introduced multiple dreamers and visionaries of the world. Through their contributions, the program encouraged the audience (high school students) to dream high and work hard to accomplish their dreams.

The band had a month-long practice camp at Chavara Cultural Center, Ernakulam, in April and May 2003. Fr James Madthikandam, then director of Chavara Cultural Center, was their mentor during the practice camp. Fathers' UC College Band members: Mr Vinu Jacob, Mr Dawn Jose, Mr. Thomas Kurisumkal, Mr. Manu, and (Mr. Jagan George) also joined the practice camp. With 20 members (15 artists and 5 technical/support team members), they started the DREAMS roadshow, on two buses, from Christ Nagar School, Trivandrum, on Monday, May 19, 2003. They traveled to the

North of Kerala, performing daily at different locations and partially concluded at Kozhikode Devagiri College on Friday, June 13, 2003. The program addressed around 53,000 Pre-University Students in Kerala and officially culminated at Christ Junior College with their last show for Dharmaram and Christ PU students in July 2003. Christ College funded the program except for small donations from each host school.



DREAMS Tree at Vishwa Jyothi Campus, Angamaly, Kerala, India, planted during DREAMS Road Trip in May 2003



Chavara Jayanthi 200

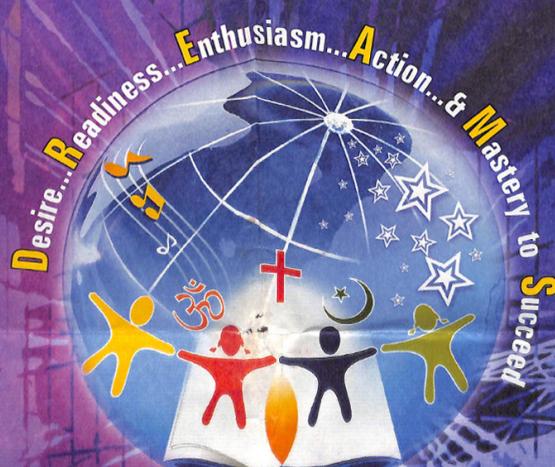
Coming to all Major Schools in **KERALA** from
24th May to 11th June 2004

dream's

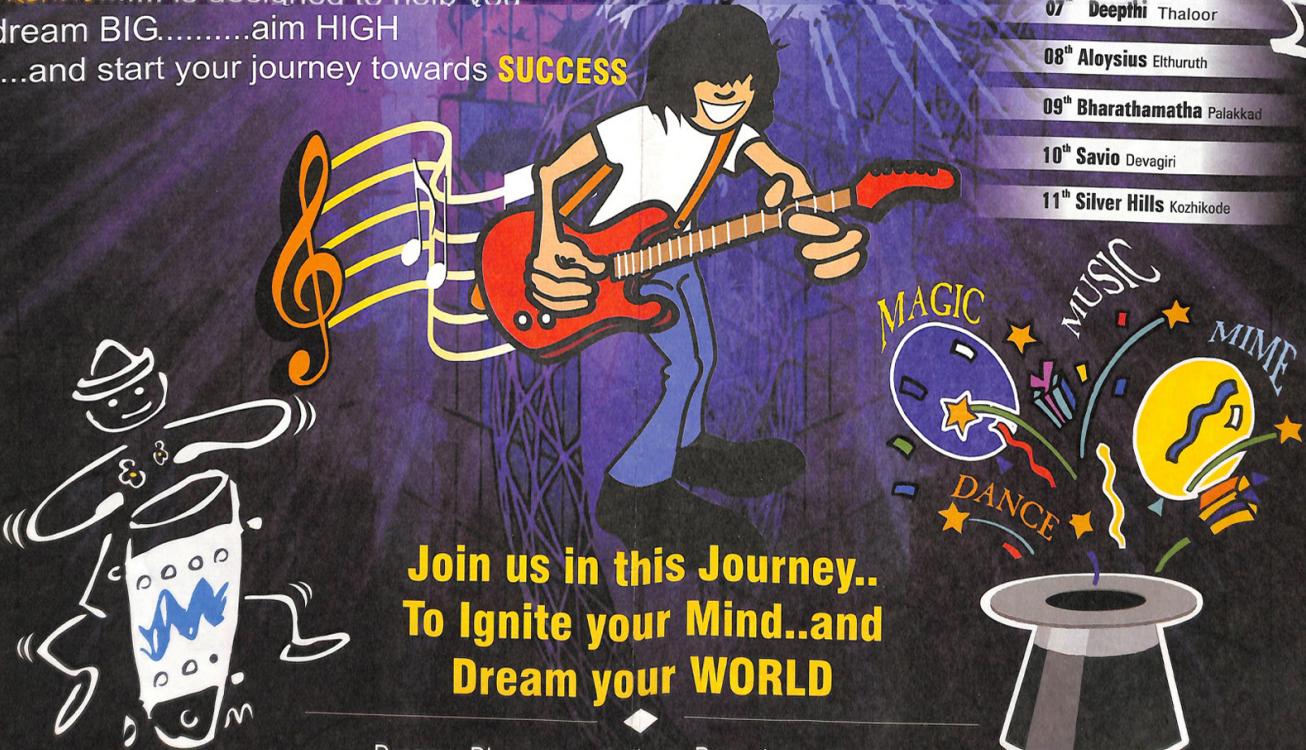
A Chavara Vision to Success...

**An Action Packed & Motivating Programme
for Students**

Including....
Melodious Music,
Heart warming
Visuals, Mime,
Magic and Dance
Interlaced with
Hi-Tech Multimedia



DREAMS..... is designed to help you
dream BIG.....aim HIGH
....and start your journey towards **SUCCESS**



**Join us in this Journey..
To Ignite your Mind..and
Dream your WORLD**

Dreams, Dharmaram College, Bangalore - 560 029
Phone : 080 - 5111 6111, Fax: 080 - 5111 6000 Email : Dreams2004@india.com

MAY-2004

24th Christ Nagar TVM.

25th Kristu Jyoti Chethipuzha

26th K.E. School Mannanam

27th St. Anne's Kurianad

28th Vincent's & Chavara Pala

29th Carmelagiri Munnar

31th Viswadeepthi Adimaly

JUNE-2004

01st Carmel Vazhakulam

02nd Rajagiri Kalamassery

03rd Viswajyothi Angamali

04th Carmel Chalakudy

05th St. Paul's CMC Thrissur

07th Deepthi Thaloor

08th Aloysius Elthuruth

09th Bharathamatha Palakkad

10th Savio Devagiri

11th Silver Hills Kozhikode

Meet in IT...

Image: Poster of DREAMS Band Event from 2004



DREAMS Road Trip Team from 2003

From Left: Frs Amal, Joshy, Jossy, Lijo, James, Mathew, Anil, Mr Rijesh, Mr Vinu, Frs Joseph & Anil

Phase 3

The project journeyed to Changanacherry at Sargakshetra Cultural Center, Chethipuzha, in its THIRD PHASE. It got a different design with the inclusion of motivational speakers in the project. They had done music-based orientation programs for students and teachers of schools and colleges in different parts of India. By 2007 they also started a summer camp. Fr. Philipose Thunduvalichira, Mr. Thomas Kurisumkal, Mr. Suraj Jacob, and Mr. Thomas George were the team's key members during this phase of the DREAMS program.

The first music album of DREAMS, "To Blaze the Fire in You," was released in December 2009. Mr. Thomas Kurisumkal and UC college Band members Mr Jegan George and Vinu Jacob assisted in the process.

Phase 4

The FOURTH PHASE of the DREAMS project occurred in Monroe, Louisiana, USA, from 2010 to 2017. Fr. Lijo Thomas started his Ph.D. in Educational Leadership at the University of Louisiana, Monroe, and taught there in 2010. His studies in the US and the opportunity to interact with local educators helped him identify some of the things students were missing in their learning and development process. Mrs. Maribeth Holzer was one of the key individuals to contribute to the DREAMS project in the USA. She was an educator and a parishioner of St. Matthews Church, where Fr Lijo served as the associate parish priest. They began discussing DREAMS as an after-school program for underserved children, and later they recruited a team of volunteers to implement the program.



DREAMS Kids Music Group - Jawahar Public School, Varkala, Kerala, in 2002

Meanwhile, in Fr Lijo's E.d.D class, Dr Pauline Leonard, one of the professors at Louisiana Tech University, suggested that he might develop DREAMS as a scientific model and then do his doctoral research on the project. She encouraged him by saying, "Although it will be much more of a challenge, it will be a great life accomplishment." After hearing this, Fr Lijo met his Doctoral Committee Chair, Dr Timothy Ford. Initially, he denied his request because the DREAMS program lacked a theory or supporting research. With time and persistence, Dr Ford agreed to the proposed Doctoral research on DREAMS if he could run pilot research and prove it as a possible working model. After several meetings with Mrs Maribeth Holzer and a few friends in Monroe, Louisiana, they redesigned the program for a smaller group of middle school students. They implemented a pilot DREAMS summer camp at the University of Louisiana, Monroe, in June 2012 with 20 middle school students from different schools and churches in Monroe. Fr. Job Edathinatt offered tremendous support in recruiting students and mentors and all other logistical arrangements to make the project a success. Data collected before, after, and during the camp showed significant positive changes in students' self-confidence, self-mastery, motivation, and social skills after attending the program. This pilot study was accepted and presented at an international Value Leadership Conference in Brisbane, Australia.

With a few changes in the design, Dr Timothy Ford and the doctoral committee accepted it for further longitudinal research in 2013. Meanwhile, with the help of Mrs Maribeth Holzer, the project received approval from Dr Bob Webber (then superintendent) of the Ouachita School System to implement it at Ouachita Junior High School in Monroe, Louisiana. The Project recruited a team of adult and youth mentors from the community. Thirty-two lower-performing or at-risk participants from different middle schools in the Monroe area were identified with the help of school counselors and assistant principals. A year-long study showed significant improvements in self-esteem, self-mastery, motivation, locus of control, life orientation and engagement, academic achievements, and personal and interpersonal behavior of those participating in the DREAMS program.

Before the DREAMS project began in Monroe, Fr Lijo Thomas started the DREAMS Youth Band in 2011. Fr Job Edathinatt provided a place to practice at the University of Louisiana. Monroe Catholic Center and their friends donated a few old musical instruments for the band. It took one year for Fr Lijo to realize that developing a music band with youth in the United States is challenging. So in 2012, he started to recruit elementary school children. It posed a challenge for him because he had to teach them from a beginner's level due to their lack of experience.

Fr Lijo and a couple of volunteers began teaching the kids the piano, guitar, drums, and music. Eventually, this DREAMS kids' band played at DREAMS camps and later did different shows in Louisiana and Texas. In 2015, they performed a Christmas TV show on Shalom World TV.

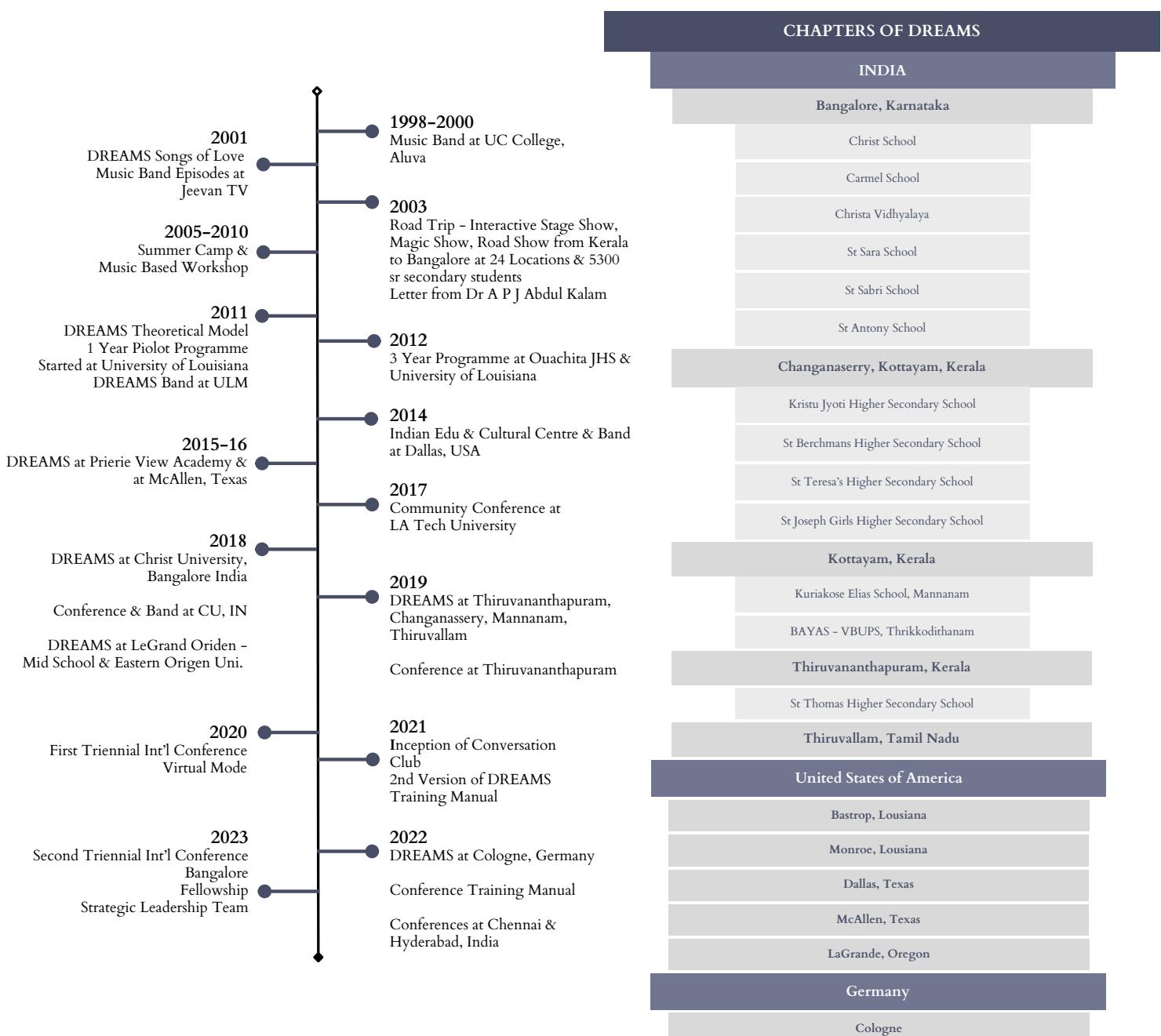
By 2017, more than 100 kids attended the DREAMS kids Band. During Father's farewell gathering organized by the DREAMS chapters, Fr. Sebastian Chamathara CMI, Provincial St. Joseph Province Trivandrum, officially released their Math Music CD. The project continues through the leadership of Mr. Carlos Tonario, Mr. Lamar Trichelle, and Mrs. Maribeth Holzer in Monroe, Louisiana.

The Growth of DREAMS Project

DREAMS commenced as a humble music band at UC College in Aluva, Kerala, showcasing an early commitment to the arts as a means of empowerment. The program's earliest form came to life in 2001 with "DREAMS Songs of Love," a music band performance featured on Jeevan TV, a precursor to its future impact.

The year 2003 marked a pivotal moment when DREAMS embarked on the "DREAMS Acronym Road Trip." This grand endeavor took the program across the landscapes of Kerala and Bangalore, featuring a motivational stage show. A defining highlight of this journey was the presence of Dr. APJ Kalam, the revered former President of India, whose words inspired countless young minds.





DREAMS continued to expand its horizons with a summer camp and music-based workshops in 2006, providing students with unique opportunities for personal growth and self-expression. By 2011, the program had evolved into a theoretical model, laying the groundwork for a comprehensive one-year pilot program in collaboration with the University of Louisiana Monroe (ULM), USA. This milestone coincided with the inception of DREAMS BAND at ULM, further emphasizing the program's multifaceted approach to development. The journey continued with a three-year program implemented at Ouachita Junior High School, Monroe, Louisiana, in 2012. Rigorous evaluation research confirmed significant positive psycho-social improvements among participants. DREAMS then ventured to Dallas, Texas, in 2014, followed by expansion into Bastrop, Louisiana, and McAllen, Texas, in 2015. The program's commitment to community engagement led to the inception of community conferences in 2017, starting at LA Tech University. 2018 marked a remarkable year as DREAMS spread its wings to Christ University, Bangalore, India, and Binghamton University, NY, USA, and later, LeGrand, Oregon, USA. The program's influence continued to grow, reaching Trivandrum, Changanacherry, Mannanam, and Thiruvallam, Kerala, in 2019, along with the launch of conferences in Trivandrum. In 2020, DREAMS achieved a major milestone with its first

triennial international conference held virtually, transcending geographical boundaries. The program's global presence expanded further with launches in Cologne, Germany, and conferences in Chennai and Hyderabad in 2022. The journey continues in 2023 with the second triennial conference in Bangalore.

DREAMS' evolution from a music band in a college courtyard to a global initiative dedicated to youth development and empowerment is a testament to its enduring commitment to fostering positive change in the world. DREAMS chapters, found in diverse global locations, share a common mission: to elevate and empower individuals from various backgrounds. They serve as inclusive hubs where personal development and leadership skills are nurtured. These chapters foster a culture of cooperation, education, and civic involvement. Through their numerous endeavors and initiatives, they instill values like empathy, tenacity, and social accountability, forging a global community of individuals dedicated to effecting positive change. Collectively, these chapters stand as a powerful testament to the profound impact that collective dreams and shared aspirations can have, transcending borders and uniting people in the pursuit of a brighter future together. These extraordinary chapters continue to inspire us with their dedication and resilience.



DREAMS Addressing Sustainable Development Goals

While DREAMS was not originally conceived with the explicit framework of the Sustainable Development Goals (SDGs), which were introduced in 2012, its core values and principles have consistently been in alignment with the SDGs. The mission and work of DREAMS naturally resonate with the broader objectives set forth by the SDGs, emphasizing the program's innate commitment to addressing key global challenges and making a significant impact on the road to sustainable development.



The DREAMS program understands how closely our physical and mental health are linked. That's why it focuses on helping participants and college volunteers develop their personal and psychological values. Through volunteering, participants not only help others but also improve their own mental well-being and build strong social connections. DREAMS also teaches the importance of gratitude, showing everyone how to appreciate the good things in life. These simple yet powerful ideas make DREAMS a place where both bodies and minds can grow stronger together.



The DREAMS program is pivotal for nurturing students' holistic development, emphasizing psychological, emotional, social, civic, and leadership aspects. It focuses on their strengths and potential, ensuring they grow into well-rounded individuals. Community collaboration enhances academic engagement and minimizes learning barriers. Bridging generations empowers youth with greater vision and sustainability. This approach prepares students effectively for the future.



Let Us Dream embodies the concept of a global family, uniting diverse ethnic groups to champion holistic development, resonating with the aim of SDG 10 to reduce inequalities and promoting a more equitable and interconnected world. The focus that we give to the underprivileged children and youth through the intervention programmes, emphasises the mission of Let Us Dream in empowering everyone irrespective of their socioeconomic background.



The program is dedicated to underserved urban communities, offering education and personal growth opportunities. It instills character strengths and personal values, fostering resilience in individuals. It nurtures a sense of community and social connections, cultivating inclusive and safe environments. Additionally, the program incorporates environmental education, featuring activities like tree planting and clean-up drives, contributing to a more sustainable world.



Let Us Dream's mission to create a harmonious global community and empower individuals aligns with the goal of fostering peace, justice, and strong institutions. The DREAMS intervention programme specifically addresses societal issues, enabling leadership of youth with utmost focus on righteousness. By nurturing psycho-social leadership and promoting collaboration, Let Us Dream contributes to building stronger and more just communities.



The DREAMS program stands as a testament to collaboration, uniting various organizations, universities, and schools. This collective effort promotes mutual learning and bolsters both educational institutions and local communities. The program is a response to the growing interest among universities in community service and learning initiatives. Moreover, it recognizes the vital role of mentoring relationships with senior members outside the family, providing crucial support in the lives of adolescents.



DREAMS Intervention Programme

DREAMS movement began in 1998 at UC College in Aluva. DREAMS abbreviation stands for Desire, Readiness, Empowerment, Action, Mastery, and Success. Initially, education was a responsibility of the community. Fr Lijo noticed that due to the test-centered education system, schools lag in providing children with child-centered holistic development training. He believes that community plays a significant role in transforming a child's future as it contributes to the holistic development of the children by training them to improve their skills.

The DREAMS intervention model is a three-year curriculum-based program grounded on community mentoring. It aimed to instill intrinsic motivational dynamics and life orientation by setting realistic life goals in its participants' minds. The model developed a structured, systematic approach by addressing underserved middle school learners' personal, interpersonal, and leadership capacities through community professionals' involvement from diverse fields of expertise.

We fail to understand and teach our students that our lives are interrelated. We are all bound together, not only as human beings but because of our social and environmental ecosystem. We fail to understand that we are one and need to look beyond our differences to see this oneness. The DREAMS program helps students comprehend this concept of unity and interdependence as one family. This program explicitly promotes equality, social justice, collaboration, personal and social commitment, and empowerment.

The DREAMS program aims to help teens instill individual, social-life values for sustained success.

This collaborative program encompasses volunteers from diverse backgrounds in the community. It allows participants to interact with community volunteers and learn from their expertise. The project established this non-governmental community-collaborative initiative to support schools and families in molding their children into successful citizens.

The program achieves the holistic development of young adults through actively engaging the youth, the community, and the local community volunteers. Apart from promoting individual strengths and psycho-social skills, the program also focuses on returning the community to schools and colleges.

The DREAMS is a Success intervention model. The design aims to lead a teenager toward academic success, professional flourishing, and progress in life. DREAMS, a community-based voluntary initiative, offers an excellent opportunity to help our younger generation develop holistic success. The project designed the intervention model to promote the holistic development and success of the students. The design is founded and researched on motivation, goal setting, social cognition, and self-determination theories. A voluntary project collaboratively conducted by the community can guide underserved teenagers towards academic success, professional excellence, and overall success.



A three-year personal, interpersonal, and leadership skills development program has been designed to implement the project for the psycho-social skills development of underserved school students.

Each step in this model is sequential and progressive toward the 'S,' which is Success. Earl Nightingale states, "Success is the progressive realization of a worthy goal." The initial stage of the model, Desire, is based on our human instinctual drive, the tangible reason for most of our actions (e.g., A baby crawls for a colorful object or goal that attracts or fascinates). The second stage, Readiness, is internalizing or realizing our external natural human drive.

At this point, a person starts to think about the ways and means to move toward his/her goal. Once a student realistically sets their goals, they must prepare and Empower themselves to reach the target, the third stage of the success ladder. This empowerment comes basically from three realms:

1. **Intellectual:** Academic, Professional skills
2. **Social:** Moral, Physical
3. **Psychological/Emotional**

Once the participant feels empowered, Action is the next ring on the ladder of success. Once they act persistently by burning an extra percent of their effort, they get to a level of excellence or Mastery, which is the last step in the process toward Success. This success progression is cyclical. Once you accomplish a goal, a desire for a higher purpose starts, which is the beginning of the next cycle.

GOALS

The Goal of the DREAMS Programme is the holistic development of children through a clear and realistic life goal. The focus will be on each student's physical, psychological, emotional, social, spiritual, and Leadership aspects, forming a group of socially responsible, mature, and successful teens.

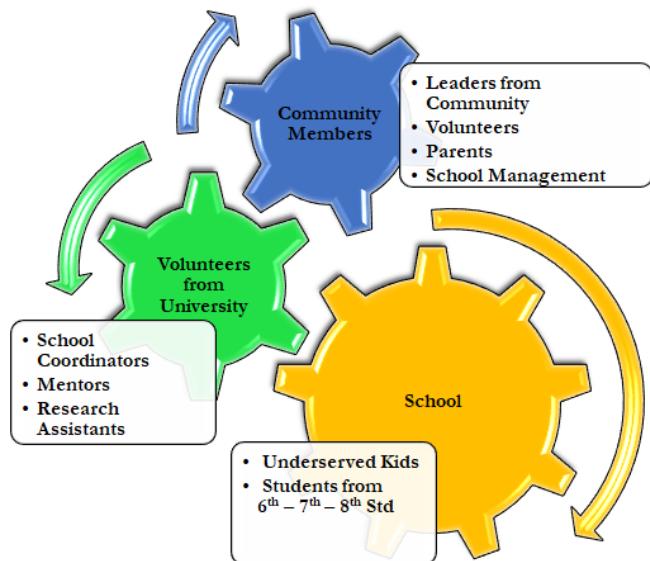
OBJECTIVES

- To help teenagers learn and practice psycho-social and interpersonal skills through a supportive community of peers, senior mentors, and trainers.
- To help teenagers set their life, academic, and professional goals.
- To identify one's talents and weaknesses to develop their potential to the fullest.
- To make new friends, build meaningful relationships, and participate in life-changing events
- Teach responsibility and instill leadership qualities
- Instill life values for better character and academic performance to achieve future life achievements

STAGES OF THE MODEL

1. D: Desire - Helps to identify the passion and hidden talents in young individuals and help them use this tangible reason for setting up one's goals in life.
2. R: Readiness - Helps to internalize these deep drives toward the intrinsic motivational dynamics.
3. E: Empower – Strengthening oneself to approach the goal in the success ladder.
4. A: Action - This encourages the initial attempts of the participant.
5. M: Mastery – Acting persistently on their efforts, which is the final step towards success.
6. S: Success -Reaching success when achieving goals

The focus is on each student's physical, psychological, emotional, social, spiritual, and Leadership aspects and forming a group of socially responsible, mature, and successful teenagers in three years. The training includes Life Skill Training, Motivational Sessions, Games, Music, Theatre, and other creative activities, Interactions with successful people, Peer mentoring and adult mentoring. Students in the DREAMS programme gets a life-changing experience, comprehensively addressing their developmental needs and equipping them with the tools needed for success with a sense of social responsibility.



DREAMS TRAINING FORMATION



DREAMS[®]

Desire, Readiness, Empowerment, Action, Mastery for Success

An Intervention Programme for Empowering Underserved Students

TRAINING MANUAL 2nd EDITION



Training Manual developed for
DREAMS Intervention Programme - 2nd Edition

is curriculum-based, grounded in intrinsic motivational dynamics and inants' minds. It is developed through a interpersonal, and leadership capacities professionals' involvement from diverse

are interrelated. We are all bound to environmental ecosystems. We fail differences to see this oneness. The unity and interdependence among us all help teens instill individual

backgrounds. It allows participants expertise. This non-governmental and families in molding their

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TRAINING MANUAL 2nd EDITION

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mal state that arouses, directs and maintains behavior m & Kajs, 2007). DREAMS' intervention program tries to ds to promote intrinsic motivation.

11 Desire, Readiness, Empowerment, Action, Mastery for Success

INTERVENTION TRAINING TOPICS

Year	Topics
01 st	Personal Development
02 nd	Interpersonal Development
03 rd	Leadership Skills Development

5 DAYS OF SUMMER CAMP TOPICS 3 FOLLOW-UP SESSION TOPICS

Year 01	Self-Concept – Self-Esteem	
	Attitudes & Emotions	Leader Of Your Life
	Dreams & Purpose In Life	Joy Of Giving & Receiving
	Values To Reach Your Goal	Keep Going & Keep Trying – Perseverance
	Empower Yourself	

Year 02	You & Your Family	
	Friends & Life Success	Delivering Happiness
	Team Work	Empower Your Surroundings
	You & Your Community	Understand Others & Respond To Their Needs
	Communication & Success	

Year 03	Leadership And Its Importance	
	Decision Making	Responsibility & Accountability
	Time & Energy Management	Building Trust & Conflict Management
	Perseverance & Commitment	Professionalism & Mentoring/Lead Change
	Personal Value & Authentic Leadership	



y, develop talents, skills, spiritual success in life



relief helps you survive



Dreamstime.com

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TRAINING MANUAL 2nd EDITION

OUTLOOK • DREAMS Intervention Programme

An individual's mental and physical condition depends on a myriad of social and psychological determinants such as stress, self-esteem, wellbeing and the surrounding social - economic - physical environments.

The Dreams Intervention Program (DIP) is an excellent demonstration of Community partnership involving Young Leaders (Undergrad Students), Educators and individuals from the Corporate world collaborating to promote social cohesion and inclusivity, to promote mental, emotional, and social well-being among School mentees (students of Grade 6-9) by equipping them with the knowledge and skills needed to understand and manage their emotions and to develop healthy coping mechanisms that aid emotional resilience. Along the journey, mentees learn to respect diversity and understand others' perspectives.

DIP is a collaborative effort, Young Leaders work closely with Faculty/Community Leaders where Young Leaders are encouraged to be proactive in seeking out ways to contribute their skills, to identify areas where one can make a difference and to come up with ideas for projects or initiatives that align with DIP's goals and help create positive change in the world. One particular aspect that stands out is the adoption of Play Therapy (using play as a way to communicate with/and help children express their feelings and thoughts) as a means of psycho social intervention which is a crucial aspect of a student's overall development, especially to build positive relationships, cope with stress and make better decisions.

As DIP progresses on its journey, I see DIP leveraging a combination of technology, personalized learning, community partnerships, and government intervention to increasingly leverage advances in neuroscience and data analytics to better identify and address specific psycho-social needs for each child thus helping them reach their full potential.

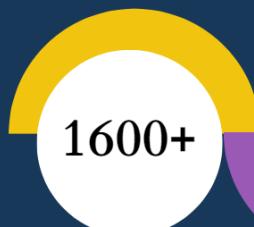
Building a better world is a long-term activity requiring sustained effort and commitment and I encourage like-minded individuals who share a passion for building a better world to join the DIP community thus providing School mentees with wider access to resources and opportunities.



Mr Adarsh Jose
Director, APACI Ellucian

Impact of DREAMS Intervention Programme

Mentors



Families



Colleges/Universities



Mentees



Community Leaders



Schools

Unveiling the Magic of Youth and Strategy: The DREAMS Intervention Program



Ms Jasmine Joseph, Community Leader

DREAMS Bangalore Chapter

PhD Scholar, CHRIST University

“

“In an organization, there are countless ways to get the job done, but even spaghetti can be organized if you twirl it just right!”

The DREAMS Intervention program, is a living testament to the magic that happens when you combine youthful exuberance with a dash of strategic process. It is a shining example of how a community initiative can be built and sustained by the dedicated efforts of youth, under the watchful guidance of community leaders. This innovative project, centres around an intergenerational collaboration model to foster holistic development of middle school students, by helping college youth serve as mentors and instructors to the middle school participants. The college youth are the driving force behind the program, working tirelessly to ensure that every aspect of the curriculum is executed effectively. Their commitment to the cause is instrumental in instigating transformative change in the lives of the young students they serve.

However, the success of the DREAMS program is not solely dependent on the enthusiasm of its youth volunteers. It also thrives because of the strategic team which ensures that the program aligns with its goals and that it continues to evolve in response to the changing needs of its participants. The program, initially a simple after-school initiative, has evolved significantly over time thanks to the strong youth leadership that recognized the value of adopting processes and building an organization. They have enriched the organization with some core processes essential for the efficient and effective functioning of any entity. A strong communication plan, knowledge management, quality control measures, performance evaluations, financial planning and management, decision making, succession planning, and well-defined roles and responsibilities helps the youth to transform the DREAMS program into a well-oiled machine with a broader reach and deeper impact.

The leadership within any program is key to its sustainability. As the DREAMS program continues to grow and make an impact, it relies on current youth leaders to mentor and train the next generation of youth volunteers. This approach ensures a seamless transition of leadership, allowing the organization to maintain its core values and objectives. By fostering a sense of ownership and responsibility within the student volunteers, the program guarantees that the cogwheel will keep turning, and its processes will only improve over time.

The DREAMS program serves as a remarkable case study of how students, community leaders, and strategic teams can come together to create a meaningful initiative. It highlights the potential of youth-led projects and their capacity to make a lasting impact on their communities. With unwavering dedication to its core values and an unrelenting pursuit of ongoing enhancement, the DREAMS Intervention program provides a blueprint that not only positively impacts the lives of young students but also empowers the youth leaders of tomorrow while providing a renewed sense of purpose to the elderly within the community. As this program inspires, educates, and connects generations, it becomes a shining example of the profound and positive change that can occur when dedicated individuals work together with a shared purpose.

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Transforming Weaknesses into Strengths: My Journey with the DREAMS Program



Mr Jestin Joseph,

Mentor, DREAMS Changanaserry Chapter, Kerala

Executive Head, LUD Research Wing

“ During my school days, I was often labeled as a weak student and struggled to express myself. This caused me to run away from challenges and opportunities that I felt were beyond my abilities. However, everything changed when I joined the DREAMS program. The DREAMS program has been a game-changer for me, helping me to grow in ways I never thought possible. It has given me hope and enabled me to overcome my fears, allowing me to dream bigger and achieve more in my life. One of the most valuable aspects of the program has been the ample opportunities it provides. As a DREAMS participant, I have been a mentor, leader, coordinator, and trainer, all of which have been invaluable experiences in my personal and professional development.

Through these roles, I have learned important skills such as communication, collaboration, and problem-solving, which have helped me succeed in the program and my career and personal life. Overall, the DREAMS program has been a transformative experience for me. It has helped me to develop into a more confident and capable individual, and given me the tools to pursue my dreams and achieve my goals. I am grateful for the opportunity to be a part of such an incredible program, and I would highly recommend it to anyone looking to grow and achieve their full potential.

”

Fostering Transformation: My Journey with the DREAMS Program



Ms Anne Marie Odgen, DREAMS Mentor

DREAMS Bastrop Chapter

Louisiana, USA

“ When I first came to the DREAMS, I thought it was just another summer camp. I didn't quite understand the full concept of it, and most definitely I didn't realize the impact it would soon have not only on these kids but also on myself. Day one of my first summer program felt a little new to everyone, both to the students and to the mentors. Everyone was just getting to know one another, and even for me personally, as an introvert, it was a little difficult at first to go out there and make small talk, but then I saw how some students were doing it with such ease. So they inspired me the very first day, before we even began lessons. Around the third day, it seemed as if they had been friends for quite a while. The formation of relationships between students was such a beautiful thing to see. This program not only teaches students life values, but it also demonstrates how they can put these values into practice in their everyday lives. Normally, we have all groups with a few students and two mentors, and we get to teach and pour into them how we learned these values over the years and the ways we succeeded in doing them, or how we felt and learned from them. Different speakers from the same town will come and talk about a particular value that day, and you can really see how the students relate to and listen to that person, especially because they mostly come from our own town. The very best part of teaching students these values is seeing them come back and tell you how they've used them, and even better, the parents will come back and talk about the transformation they've seen in their child. Perhaps my personal favorite part of this program is that we choose students who are already filled to some extent with humility; they are not necessarily the leaders or the most popular of their class, but they are students ready to listen and put into practice what they have learned, and I think that's what makes a good leader. I love that we give this type of student this opportunity. These are the kinds of future leaders we need. We teach them to always have faith in God, and through him they can do anything. So these students are not only becoming transformed into leaders, but they are transforming everyone around them as well, such as their mentors.

”

Embracing the Wisdom of Generations: My Journey with the DREAMS Program



Ms Jasmine Kaur Sahni,
*Community Leader,
DREAMS Bangalore Chapter*

“ “We make a living by what we get, but we make a life by what we give.” - Winston Churchill

If I must answer a question: why I joined Dreams, this quote explains my journey with Dreams perfectly. As we know, Dreams is an intergenerational program and inspiration comes in all shapes and sizes. If I mentor students younger than me, I am also gaining knowledge from these mentors. Throughout our lives, we are always taught to listen to our elders, because they have a wealth of knowledge and experience to share - which is true. But what often goes underappreciated is what we can learn from the younger generations around us as we get older. It could be how to appreciate new technologies, be more open-minded and accepting, appreciating little moments or following your dreams, no matter what.

Also, to reach any significant goal in life, we need to overcome challenges along the way. But all of us working with Dreams consider ourselves “A FAMILY” and together we encounter each obstacle and press ourselves forward making DREAMS our “HAPPY PLACE”!!! I have been a part of Dreams for 3 years and all I want to say to anyone who is ready to volunteer as a Community Leader, is that it’s the most wholesome experience as we are giving our time on this program, as TIME IS CONSIDERED THE BIGGEST GIFT you can gift anyone and what can be better than the community, we live in. So come, let’s join hands on this program and make a difference in the world we live in.

” ”



Unlocking Potentials through Discoveries: My Journey with the DREAMS Program



Mr Sebastian M T,
*Community Leader,
DREAMS Changanassery Chapter*

“ I was introduced to DREAMS by Mr. James Anithottam, the then head of its affairs in Changanacherry in 2018. As a retired teacher, the idea of DREAMS fascinated me as I felt it was a solution to the imbalance between slow learners and fast movers. Completion of the school syllabus is time-bound and teachers normally move on with fast, intelligent students. This prevents slow learners from gaining enough in their academic journey.

Experiencing further, I realized that the scope of DREAMS is far reaching. It benefited not only the slow learners but all its stakeholders. The key is direct involvement and practice. You are into listening, reading, writing, speaking, dancing, acting, drawing, playing, emulating and whatever....., your best is brought out!

The DREAMS curriculum is unmatched. It aims at developing personal, social and leadership qualities in a short, 28-day program. It literally makes one grow gracefully to maturity, empowering self, acquiring values, mastering skills, making yourself socially responsible, committed and trustworthy. I am happy and seeing our efforts making a huge difference in society fills me with a sense of accomplishment. Parents very often express their gratitude for the positive changes in their children. Mentors, the middle rung DREAMS family, through their involvement grow strong, confident and well equipped to face their future. For me, it is also a platform to make friends and to give back to the Community from the bounty of blessings I received from it.

” ”

Empowering Youth Globally: My Journey with the DREAMS Program



Ms Lisa Jangkamp,

*Social Worker & Systemic Counselor,
DREAMS Chapter Director, Cologne, Germany*

“

First and foremost, I was impressed by the passion and vision with which DREAMS is now being implemented worldwide. In my opinion, the topics of empowerment, strengthening one's own resilience and dealing with one's own goals, desires and feelings are given far too little attention in our society. It's more about performance and less about the question of what talents/ passions exist and how they can be lived out. DREAMS deals with all of this outside of the school and family context, so that the students can learn more freely, at their own pace, without pressure. One student said in the last workshop that DREAMS means joy to her. At that point, it was clear to me that we, especially the students, had done everything right.

The intensive and continuous support by the students, the trust in the group led to the fact that even difficult (biographical) topics could be discussed and endured together. The massive social and world-political conflicts and crises put a great strain on young people, but they are often alone with their worries and fears. The pressure to 'parry' and to fulfill the roles of student or son/daughter as inconspicuous as possible makes it difficult to address one's own needs with caregivers and teachers. DREAMS has helped students emerge empowered. For the future of DREAMS, I would like to see us bring the differences of the various countries and cultures closer together and see how we can profit from these different experiences.

”

Transformative Impact: My Journey with the DREAMS Program



Dr Deep Jyoti Gurung

*Assistant Professor,
DREAMS Faculty Coordinator, Christ University*

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Let Us Dream CLUBS

HISTORY OF CLUBS



Mr Dawn Jose

In the year 2015, Dawn Jose shared some thoughts with Fr Lijo on why can't we use the DREAMS model for some professional development. While being a toastmaster's club member in Monroe he got the inspiration of starting a professional learning club through mutual mentorship. Fr Lijo was not able to start the group until 2018 though he developed a proposal and brochure with its clear objectives and structure and even reached out a few people in Monroe Louisiana. Later in 2018 met Col Ranjeev K Babu loved this idea and he said 'we can start with just two of us', and officially started in September 2018, later during Covid it became more of a virtual club meeting. Today it's expanded in diverse groups and forms.

During the COVID-19 pandemic, people worldwide experienced complete or partial lockdowns and restricted movement. Consequently, Prof Pauline Leonard contemplated creating a virtual

conversation forum to help offset the deleterious effects of long-term isolation. After sharing her idea with Fr Lijo, they started a conversation club and invited a diverse group of intellectually curious people. The primary purpose of the conversation club was to provide a welcoming and inclusive online environment where members could engage in informal chats related to their interests, queries, and experiences. Conversational club email invitations were sent on February 2, 2021, and the first meeting took place on February 17, 2021, with five people in attendance.

Over time, both Pro-Clubs and Conversational Clubs have become an integral part of our social and professional structure, playing a crucial role in the personal and career development of their members with varied themes. The Pro-Clubs provide a unique platform for young professionals to connect and share their experiences, offering peer-to-peer mentoring and self-expression opportunities. This has not only fostered personal growth but has also ignited innovative thinking and problem-solving by enabling members to brainstorm and ideate on common issues, benefiting from the collective wisdom of the group.

Furthermore, these clubs have contributed to establishing harmony and mutual understanding among their members. The reflective conversations held within these clubs have generated a strong sense of belonging and camaraderie, which has proven to be invaluable, especially in the face of professional challenges. As a result, the Pro-Clubs have become a robust network of peers where members can seek advice, support, and inspiration.



Col Ranjeev K Babu



Prof Pauline Leonard

PRO CLUB

Platform to explore and discuss topics from various professional experiences

YOUNG PRO CLUB

Safe spaces for young professionals to expand their expressions on a robust network of peers

CONVERSATION CLUB

Platform for engaging in casual and reflective conversations that generates a sense of belongingness

SELF-HELP CLUB

Pedestal for sharing views on health & wellness, personal development, and self-discovery

On the other hand, the LUD Clubs have played a significant role in empowering communities by bringing like-minded individuals from diverse backgrounds together. These clubs aim to inspire community engagement through illuminating conversations, creating a sense of unity and shared purpose. Over time, LUD Clubs have become a fundamental part of the community structure, fostering connections, and encouraging people to take action in pursuit of common goals.

PROFESSIONAL CLUB

DREAMS Club is a support group to help in the personal and professional development of individuals. A team of 10-12 working professionals meet monthly to discuss strategies to understand and support individual and interpersonal life situations. The Club helps inculcate the members' values of identity and community belonging. Apart from enhancing communication and problem-solving skills, it also focuses on generating positive attitudes about self and others, developing leadership, cooperation, and community engagement. It is a space where like-minded people from diverse backgrounds congregate every month for an hour to engage in illuminating conversations deeply rooted in inspiring engagement at the level of community.

The Dreams Professional Club is a dynamic platform that has redefined the way professionals from diverse backgrounds come together to learn, grow, and engage in meaningful discussions. Since its inception, it has proven to be an invaluable resource for individuals seeking genuine personal and professional development. The club thrives on the rich tapestry of its members, who bring with them unique perspectives shaped by their distinct life experiences. These monthly meetings transcend geographical boundaries, bringing together professionals from various corners of the world. Despite our diverse origins, we share a common goal: to

engage in thought-provoking conversations that foster personal and collective growth. What sets the Dreams Professional Club apart is its commitment to authenticity and vulnerability. Rather than relying on abstract theories, our discussions are grounded in real-life experiences, creating an atmosphere of trust where members can freely express themselves without fear of judgment.

CONVERSATION CLUB

The Conversation Club, born out of the challenges posed by the COVID-19 pandemic, has become a global platform for engaging in both casual and reflective conversations. It transcends geographical boundaries, uniting diverse professionals from around the world. Through open dialogues on topics ranging from culture to politics, it fosters collaboration and mutual respect.

The power of understanding and respecting differing perspectives enriches our relationships and contributions. It's a space where the simple act of saying, "I understand," holds profound significance. The Conversation Club creates a sense of belonging and a vibrant exchange of ideas, uniting individuals across the globe in meaningful dialogue.

SELF-HELP CLUB

The SELF-HELP Club is a nurturing space for individuals to explore health, wellness, personal development, and self-discovery. In our fast-paced world, self-care often takes a backseat, making this club a sanctuary for prioritizing holistic well-being. We champion continuous growth, fostering meaningful conversations and sharing insights to empower personal and professional flourishing. Join us on this transformative journey toward a healthier, more fulfilling life. While the self-help club has not officially started functioning, it is assured to establish its stance soon.

GLOBAL YOUTH LEADERSHIP NETWORK

It is a platform for emerging and prospective youth leaders (from various DREAMS Chapters) to learn and develop their leadership skills while networking with equally aspiring individuals around the globe. In contemporary society, many youths are at a loss when building meaningful relationships with others. With this initiative, the youths will get an opportunity for self-growth and building meaningful relationships with others in the network. The GYLN creates a safe and holistic space for youth to share their experiences and knowledge, by promoting the three pillars of GLYN: Leadership, Personal Development, and Social Empowerment.

Objectives

- Connect transnationally/globally to engage in multicultural interactions
- Innovate/Promote new community service initiatives
- Promote Entrepreneurship and Professional Development
- Share personal leadership strategies/experiences
- Enhance individual leadership styles

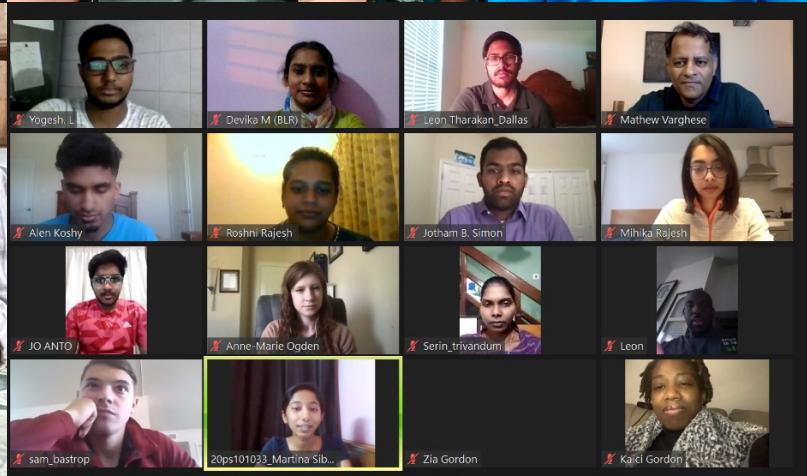
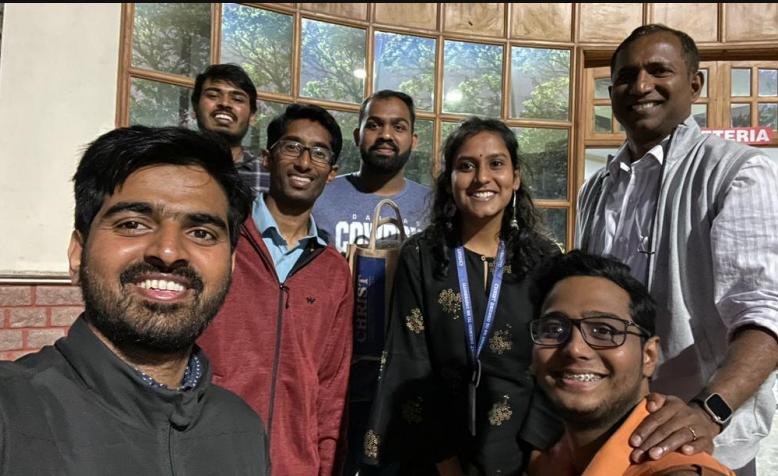
The Global Youth Leadership Network was founded in November 2020 and officially inaugurated on January 24, 2021, under the leadership of Let Us Dream Leadership, new members, and special guests from each DREAMS Chapter from all over the globe. We have 18 registered DREAMS Alumni in this organization, and we meet every 3rd Saturday via Zoom. We have members from all walks of life who

are very invested in their respective fields, such as mental health, IT, medicine, education, business, religion, and law enforcement. Many are still working on their degrees.

DREAMS Clubs have created a significant impact by connecting leaders globally. Through its meetings, it fosters personal and professional growth, emphasizing identity, community, communication, problem-solving, leadership, cooperation, and community engagement, actively involving young leaders from all around the globe.

The future of DREAMS Clubs, particularly the young leadership initiatives, is dedicated to fostering the personal and professional growth of tomorrow's leaders. With a global reach and commitment to nurturing diverse talent, these clubs aim to create a platform for emerging leaders to connect, learn, and engage. The emphasis is on cross-cultural interactions, community service, entrepreneurship, professional development, and the exchange of personal leadership strategies and experiences. As a result, DREAMS Clubs will continue to serve as vital spaces for empowering young leaders and fostering a sense of identity, community, and collaboration while driving positive change on a global scale.

The exchange of personal leadership strategies and experiences within these clubs fosters a sense of identity and community, aligning perfectly with Let Us Dream's goal of creating a global family. By empowering young leaders to drive positive change, DREAMS Clubs contribute significantly to Let Us Dream's mission of creating holistically developed communities around the world.



It has been an honor to moderate the professional club and witness the emergence of the other clubs and I am happy to provide my thoughts on the future of the clubs of LUD.

Firstly, I believe that all the peripheral clubs will continue to thrive in the next 5 to 10 years. The diverse representation of members from different parts of the globe has provided a rich and engaging discussion forum. As more professionals, non-professionals, and students, become aware of the value that LUD Clubs bring, I expect the membership of each club to grow exponentially.

To support this growth, I envision each club expanding their outreach and membership drives relentlessly, allowing greater cross-cultural exchange. I foresee LUD Clubs collaborating with other organizations and institutions to further their impact. By forming strategic partnerships, we can leverage their collective knowledge and resources to create meaningful change in the world. To support growth, clubs must expand their outreach and enhance cross-cultural learning. They'll collaborate with organizations and institutions, creating meaningful change through strategic partnerships. LUD Clubs will lead discussions on pressing community issues, fostering collaboration among individuals from diverse backgrounds, cultures, and genders. This role remains critical for facilitating informed, compassionate conversations not only within individual clubs but across the entire LUD Clubs network.

I am optimistic about the future of each LUD Club. With their commitment to fostering dialogue and promoting positive change, I believe that they will continue to be a force for good in the world. Thank you for the opportunity to share my thoughts on this matter. In the upcoming year, our goal is to grow and continue to expand, bringing in more leaders who shared similar values for multi cultural networking, promoting the spirit of entrepreneurship, and mutual growth. We plan on bringing in auspicious speakers who are well-versed in their respective fields to speak to us during our monthly meetings and explore the contemporary emerging topics such as the role of AI in leadership.



Col Ranjeev K Babu, VSM
Agile Trainer | CAgile Authorized Instructor
Leader from Professional Club



Since the first meeting, the club has grown to include 12 active members, six from India, one from Germany, and five from the United States. Members have met on 21 occasions, typically on the third Wednesday of each month. A wide range of mutually agreed upon open-ended topics are discussed at monthly Zoom meetings, spanning the serious to the whimsical. At the end of each chat session, all decide collaboratively on the next month's topic. Thus far, topics have included the following: Inclusion And Equity, Empathy and Compassion; Personal Decision-Making Styles; Attitude; Inspirational Person; Food; Clothes; Personal Uniqueness; Cancel Culture, Gratitude, Manifestation, Love, and Colors. Participants believe they have achieved intellectual stimulation and reaped interpersonal, intrapersonal, emotional, and spiritual rewards through engaging in these conversations during the pandemic and beyond.

Fostering Authentic Connections through Dreams Professional Club



Rajesh P I

*Founder & Artistic Director, The Actors Collective
Leader from Professional Club*

“ My experience with Dreams Professional Club has been tremendous. Since its inception, I've actively attended almost all meetings, benefiting from the diverse backgrounds and perspectives of the participants. Each individual's unique approach to challenges and issues, shaped by their distinct backgrounds and thought processes, offers valuable learning opportunities. The club fosters a safe environment where individuals can express themselves without fear of judgment. Genuine conversations revolving around personal experiences, rather than arbitrary theories, create an authentic and thought-provoking atmosphere. Dreams Professional Club conversations get very interesting because they come from a space of great authenticity and vulnerability. ”



Unlocking Boundless Connections: A DREAMS Conversation Club Story



Michael Kaufmann,

*Director, Sam and Myra Ross Institute
Green Chimneys Children's Services New York,
Leader from Conversation Club*

“ Isolated by COVID restrictions in 2021, limited in social contacts, and stressed at the state of the world, joining the DREAMS Conversation Club opened a whole new world of friends, colleagues, and contacts. Be it love, colours, food, or dreams, the opportunity to share ideas, feelings, and thoughts with an international group of diverse and engaged people has been immensely enriching for me. Now that everyone has busy lives again, not all of us can be there every time, but when we ARE together, sparks fly, laughter happens, and energy is shared via Zoom from India to Germany to the United States and all around the globe. ”



Embracing Diversity and Perspective: A DREAMS Conversation Club Story



Dr Patsy A Hughey, Ed. D.,

*Louisiana Tech University, LA
Leader from Conversation Club*

“ I am excited to be a part of the DREAM Conversation Club. This experience allows a global group of professionals to discuss various cultural, societal, and political topics in a spirit of collaboration and respect for each other's differences. “I understand. These are two of the most powerful words you can say, personally and professionally. Whether we believe in the power of our daily rituals or hold a world-shifting viewpoint, acknowledging and respecting the perspectives of others is the tool that fuels the depth, value, and meaning of our contribution to and relationships with them. We all have varying opinions and ideas, making monthly conversations more interesting. ”

The most rewarding takeaway from being a member of the DREAM Conversation Club is that when we can use our lens as a point of relatability to support another in their viewpoint or to provide a unique perspective that may foster an expanded view for them.



Empowering Global Yough Leaders: My Journey with GYLN



Mr Jotham B. Simon,
Dallas, Texas (USA),
GYLN Secretary

“ My personal experience with the Global Youth Leadership Network has been nothing short of fantastic. It is such a privilege to be part of a worldwide movement that strives to empower young minds to be change-makers in this world. I have been able to cultivate new friendships, and explore interesting topics, all while having a safe space where I can express my thoughts and views without fear of being labeled as different. The GYLN promotes diversity and equity in our organization and welcomes all young leaders who qualify to join us on this journey. I have truly transformed into a better leader because of GYLN, because it fosters an environment in which one can truly thrive! ”

From a Volunteer to a Global Youth Leader



Mr Tirukovela Srikar
Core Team Member,
Global Youth Leadership Network

“ My journey with DREAMS has paved the way for my mastery, starting as a volunteer, progressing to a mentor, then a chapter coordinator, then an overall program coordinator, and now a part of the Global Youth Leadership Network (GYLN) as a national representative. The success and fulfillment I have achieved in both personal and professional aspects of my life are a testament to my experiences in this organization. DREAMS has put me in touch with my skills and passion suitable for a career in psychology. Something that I would take away and would like to pass down to the next generation of the organization, in, Rev. Father Lijo's words “We all have made sacrifices in our lives, and the time we invest in the organization is one such sacrifice that we choose to make. It is important to make them count.” We thrive on commitment and volunteerism. ”



RESEARCH

The 'Let Us Dream' research team is committed to the scientific evaluation of programs held and their impact on the participants and the audience. The multidisciplinary team undertakes high-quality research that contributes to the overall improvement and efficacy of the 'Let Us Dream' program. This hardworking group rigorously looks into all possible aspects, including performing cost/effort-benefit analyses, the impact on its participants, the teams in charge of mentoring and leadership, and the scope for community improvement. Based on this, the group provides suggestions to help improve the program designs and implementation.

We started thinking of assessing the impact and effectiveness of the LUD conference. The idea was proposed by Fr. Lijo Thomas to Dr. Sharon Custor, Miami University, Ohio, and developed the first questionnaire and sent it to all the participants and organizers of the 2020 triennial conference. More than 4000 participants and organizers responded, and with the help of Dr. Sharon Custor, a team of researchers (Dr. Angela Curl, Miami University, Ohio, Dr. Carl Thameling, University of Louisiana, Monroe, Dr. Fr. Lijo Thomas, Dr. Vijaya, Christ University) voluntarily started continuously working on the impact of the LUD conference. After the triennial international conference, Dr. Pauline Thomas and Dr. Leonard edited and published Let Us Dream 2020 triennial international conference proceedings.

In 2021, the second training manual (2nd edition) for the Dreams intervention program was published. In 2022 first LUD conference manual/guidelines were published to help the new Organizers.

Research Areas

- **DREAMS Intervention Programme:** The research team analyzes how the program helps school participants, college students (peer mentors), and senior leadership team members become leaders in their personal lives, community, and the world. The team explores how the DREAMS intervention program changes an individual's life and improves his/her ability to incorporate a brighter and positive outlook concerning being contented and happy.
- **Community Conferences:** The team studies the effect of the conferences held on local communities. It aims to understand and appreciate cultural differences, social entrepreneurial skills and leadership models from diverse participants and organizations. It compares and analyzes the cultural differences in diverse collaborative models and explores the diverse organizational culture from a global perspective.
- **LUD Clubs:** Studies are conducted to analyze the impact of the club on its members after attending its one-year mutual mentoring club meetings. It aims to gain an insight on how the club positively impacts the participant's personal, social and leadership skills. The research team compares and understands the cultural differences at an individual and collective level in different countries and amongst different groups. It also aims to understand

and compare the efficacy of the club in different countries and amongst various populations.

- Music band:** The research team looks into how the intervention of the music band transforms a school or college student's self-perception, social and leadership skills. It aims to understand the efficacy of the program in different countries and amongst different groups and also look at how the program helps school and college participants become leaders at a personal and professional level. And finally, it analyses the transformation, if any, among the band's audience.
- Community of Practice:** The team is also committed to evaluating the growth and development of community initiatives, volunteerism, benevolence, social response and commitment through the improved network of the participant organizations and individuals.

Published Research Studies

Within DREAMS' Research Programs, five impactful studies have been published. They cover areas like adolescent holistic education, virtual mentoring during

COVID-19, and the PERMA well-being model for underachievers, reflecting our commitment to advancing youth development and education. Academicians and Educators continue their research efforts, working on additional studies to further enrich our understanding and support the community's well-being. Around 10 studies are on going as part of the activities of the Let Us Dream project currently.

The Let Us Dream Research team plays a pivotal role in advancing youth development and education through its dedicated scientific evaluation of programs and their impact. Committed to high-quality research, this multidisciplinary team continuously strives to enhance the efficacy of the Let Us Dream program in various dimensions.

Academicians' efforts extend to meticulously assessing all aspects, including conducting cost-effort-benefit analyses, gauging the impact on program participants, evaluating mentoring and leadership teams, and identifying opportunities for community improvement. This thorough examination results in valuable suggestions and recommendations to refine program designs and implementations. Their work holds the potential to inform program enhancements, inspire positive change, and contribute to the well-being of communities worldwide.

DREAMS After-School Programme for the Holistic Development of Children Amid Covid-19

Lijo Thomas, G. S. Prakasha, Jestin Joseph

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Virtual Community Mentoring Models for Middle School Underachievers' Psychosocial Development and Well-Being During COVID-19

Roseline Gomes and Lijo Thomas

2022 VOL. 9, No. 1

University-Community Collaboration for a Sustainable School-Based Program for the Holistic Education and Wellness of Adolescents

Lijo Thomas¹

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[ECS Transactions, Volume 107, Number 1](#)

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Year	Title	Authors
2022	University-Community Collaboration for a Sustainable School-Based Program for the Holistic Education and Wellness of Adolescents	Dr Fr Lijo Thomas
2022	Virtual Community Mentoring Models for Middle School Underachievers' Psychosocial Development and Well-Being During COVID-19	Ms Roseline Florence Gomes, Dr Fr Lijo Thomas
2022	DREAMS After-School Programme for the Holistic Development of Children Amid Covid-19	Dr Fr Lijo Thomas, Dr G S Prakasha, Mr Jestin Joseph
2021	Principles of PERMA Intervention: An Ability Well-Being Model for Underachievers	Ms Roseline Florence Gomes, Dr Fr Lijo Thomas
2021	The PERMA Program: An Ability Well-Being Model for Middle School Underachievers Abstract	Ms Roseline Florence Gomes, Dr Fr Lijo Thomas

Published Research Papers

OUTLOOK • Let Us Dream Research Wing

Let Us Dream is a cohesive movement that started with the vision of empowering communities and stands by its principles. The program is driven by human resource management from various sectors, which will guide in co-constructing solutions to resolve each community's concerns and equip youth with workplace ethics, humanity, and holistic growth. In the coming years, the program will integrate all sectors of society, including technology and human resources, and develop the academic-industry interface. The program will continue to work with humane principles of values, culture, and community stories with the adaptation of ICT.

The biggest challenge facing the program is retaining youth and community involvement. To mitigate this, the program will work towards informal meetings and give everyone the space and autonomy to think creatively and execute with ownership. The program's opportunities lie in learning from each member and taking a progressive step towards self and social development.

The program has grown tremendously amidst the challenges of the pandemic and has explored hybrid models of facilitation and worked with different community stakeholders. As an educator of community psychology, I have cited Let Us Dream as an example in my classes and have seen the interests of students enhance as they were able to integrate the concept into action-based learning. Therefore, I strongly believe that this program should be included in the Higher Education Curriculum. The team should work towards transforming the education system in bringing out Let Us Dream as a policy initiative through scientific research findings, training, and development.

The program's most important message or lesson is to view the system from a solution-focused lens and work towards one collectivistic goal of giving the present and the next generation a humane future. Let Us Dream is a stepping stone for future researchers and youth leaders to learn, challenge, construct, and execute the program for positive youth development through scientific findings and initiatives. Anyone interested in joining Let Us Dream should understand and live the program's principles, learn its philosophy, and participate in and mentor the youth.



Ms Roseline Florence Gomes
Head, Department of Psychology
Jyoti Nivas College, Bangalore, India



Dr Prakasha G S
Associate Professor,
CHRIST (Deemed to be University)

“ DREAMS is the wonderful afterschool intervention programme I have ever seen as it works on the idea of a sustainable and replicable model. It is nice to see young college students and community leaders coming forward for a larger social cause. I, along with young researchers at DREAMS engaged in community-based research at DREAMS and I am sure my findings would help society. DREAMS is really a life-giving platform for all those who have otherwise dared to emerge as a successful and well-groomed individual. I hope the spirit and dedication of youth energy at DREAMS must be preserved, developed, and nurtured. I am sure the research series will ensure greater credibility and scientific culture across all the wings of DREAMS. ”





Let Us Dream CONFERENCES

The LET US DREAM conference provides a platform to celebrate and share selfless acts, inviting individuals passionate about societal progress. Since its 2017 inception, these conferences consistently offer valuable insights into community development. Established to connect service organizations, universities, volunteers, and philanthropists within local communities, the Community Conference enhances social impact. It unites researchers, practitioners, and volunteers to explore collaborative possibilities and promote community volunteerism among students, who share their stories, experiences, and challenges while fostering mutual support.

The Annual Conferences focus on promoting voluntary community initiatives, facilitating networking, and nurturing a community of practice. In contrast, the triennial conferences connect local service initiatives globally, empowering communities and fostering collaborative knowledge sharing. The Community Conference was founded to forge connections among service organizations, universities, volunteers, and philanthropists within local communities. It amplifies social impact by uniting researchers, practitioners, and volunteers to explore collaborative opportunities and promote community volunteerism. Students play a vital role by sharing their stories, experiences, and challenges, fostering mutual support.

The target audience for these conferences includes a diverse group of individuals and organizations deeply committed to community development and positive

change. This includes adult and young adult volunteers, dedicated business owners actively involved in community projects, not-for-profit organizations, philanthropists, board members, social workers, as well as educators and educational administrators interested in collaborative community efforts. Students pursuing studies in various fields and professors with an academic interest in community initiatives are also integral members of our audience.

The conference welcomes anyone who shares a vision for a brighter future for the next generation through meaningful community engagement and leadership. These conferences aim to inspire, educate, and empower this diverse audience to contribute positively to their communities and drive impactful change.

Vision

Empowering local communities for sustainable global impact and improvement

Mission

- To provide an opportunity to share, learn and support more community intervention research, theories and models.
- To provide a forum for sharing experiences including the successes and challenges in community organisations and efforts.
- To invite individuals with bigger hearts and deeper thoughts for their society to be a support system for the community empowerment initiatives.

Objectives

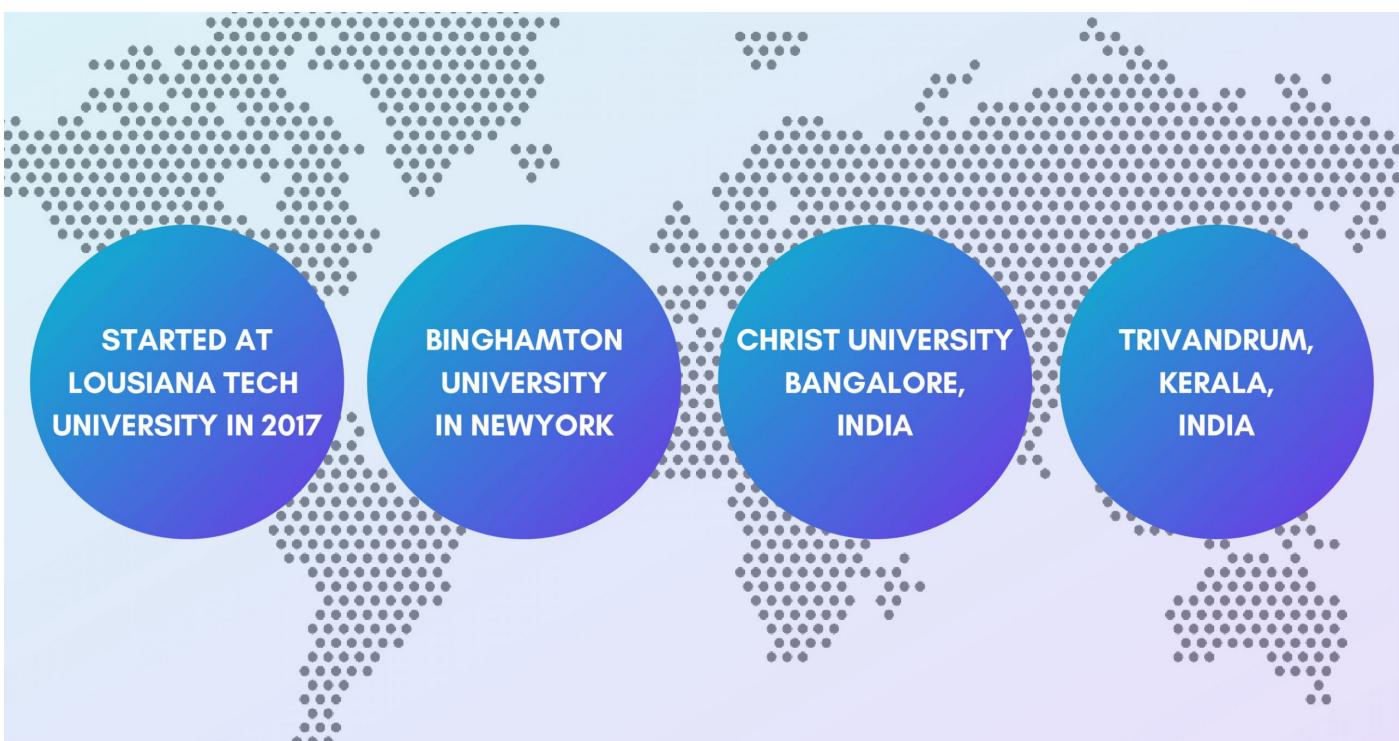
- To offer the participants an opportunity to bridge the knowledge gap through the interaction of researchers and practitioners worldwide.
- To make recommendations towards achieving greater global peace and harmony worldwide.
- To provide an opportunity to share, learn, and support more community interventions research, theories, and models.
- To provide a forum for sharing experiences including the success and challenges in community organizations and efforts.
- To invite individuals with bigger hearts and deeper thoughts for their society to be a support system for the community empowerment initiatives.

Unique Value Propositions of the Conferences

- Globally located but locally established, bridging the gap between researchers and practitioners
- Promoting solution-focused culture by introducing diverse and creative solutions
- Believing the vision of global inclusion, global citizenship and one world
- Targeting volunteers and promoting volunteerism
- Developing partnerships and opportunities for collaboration, both locally and globally
- Free of cost

History of the Conference

Within our aspirations lie the dreams not just for ourselves but for the betterment of others. These dreamers, driven by a selfless commitment to the welfare of society, transcend personal comfort and selfish motives. They are the luminaries who have left an indelible mark on the world, inspiring and uplifting countless lives through their benevolence and shared ideals. Time and again, society has been enriched by the legacy of such altruistic leaders,



A network of conferences implemented globally



Katholische Hochschule Nordrhein-Westfalen
Catholic University of Applied Sciences



LET US DREAM

Annual Community Conference

Hosted by: Department of Psychology, Department of Sociology & Social Work, School of Education & Institute of Management

CHRIST (Deemed to be University)
Hosur Main Road,
Bengaluru

Theme:
Community
Interventions &
Improvements &

Date: Nov 16, 2019

Time: 10 AM – 5 PM

Venue: KE Auditorium, Block IV



whose dedication continues to shape and improve our world, generation after generation. It is imperative that we honor and celebrate these compassionate individuals, who, with their unwavering dedication to others, illuminate the path toward a brighter and more harmonious future for all.

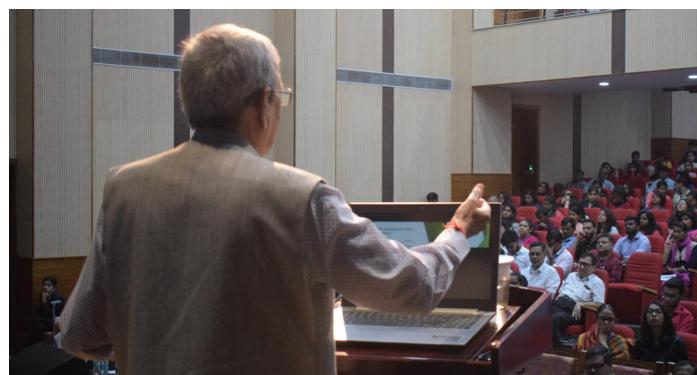
Some such stories in Monroe, Louisiana, inspired Fr. Lijo Thomas, at a time when he was overwhelmed by his DREAMS project and had thoughts of quitting. He wanted to initiate a platform for people to come together and share their stories of perseverance and greater commitment for the society to inspire and encourage others, especially the youth. Let Us Dream is an invitation to share, learn, and celebrate the diversity of our dreams among and around us. It invites individuals with big hearts and dreams for their society and its progress. It is a platform to bridge the dreams of the older generation and those of the young.

His determination to unite the community's genuine change-makers led him to collaborate with various

organizations to host a cost-free conference. Louisiana Tech University's College of Education stepped forward, hosting the inaugural event on Saturday, October 21, 2017. It attracted just under 100 participants and involved approximately 15 service organizations from northeast Louisiana. Dr. Pauline Leonard, Dr. Lindsey Keith Vincent, and Dr. Lynn Clark played pivotal roles in orchestrating this successful conference at Louisiana Tech University.

By 2019, the Let Us Dream Annual Community Conference model, focusing on three service-oriented areas - Education, Health, and Social Work - was replicated at Binghamton University, New York, USA, under the patronage and leadership of Dr. Laura Bronstein and Ms. Debbie Collett-O'Brien, at Bangalore Christ University, India, under the leadership of Mr. David Sevaraj, Ms. Anita Eipe and Dr. Phinu Mary Jose, and in Trivandrum, Kerala, India, under the leadership of Mr. Jimmy Manuel and Prof. Godwin VP.

Once the annual local community conferences were established in multiple locations, the team realized the need to connect for global networking. This was the beginning of the Triennial International Conference, to be held once every three years. As a result of the COVID-19 pandemic, the core committee members, Dr. Pauline Leonard, Ms. Anita Eipe and Mr. David Selvaraj, along with Fr. Lijo decided to go completely virtual. More than 130 volunteers from different countries, with diverse cultural and professional backgrounds, worked hard to organize and plan committees and make the first virtual conference a reality on November 2020, with over 18,000 registrations and more than 40,000 viewers.



Since the first occasion of the Let Us Dream conference, which was held at Louisiana Tech University in 2017, to date, community conference locations have increased to six—four in India and two in the United States. In addition to the local events, LUD offered its first international triennial conference in 2020 and is scheduled to offer the second one during November 17-19, 2023 in Bangalore, India. Clearly, over time we have seen an increase not only in LUD conference attendance, but also in higher education leaders desiring to host the event at their respective institutions. With the continued and concerted efforts of LUD board and core team members, the goal is to further increase the number of annual community conference events over the next 5-10 years. Post-secondary faculty, staff, and students, service-organization leaders, and community volunteers across all host locations have demonstrated a collective will to creatively address pressing issues in the interest of community improvement. The community and international conference initiative is growing and the long-range projection includes LUD having a global presence.

The Additional Long Range Goals of the LUD Conference include, firstly, streamlining the planning process through revising and refining the conference planning handbook. Secondly, focusing on sustainability strategies in terms of retaining and growing LUD memberships. Thirdly, taking advantage of opportunities to research the impact and effectiveness of LUD conferences on actual and potential community improvement behaviors. Then, assessing, sharpening, and implementing more efficient and effective methods for ongoing communication with LUD membership. The amendments that would be included as part of the adaptation to the trend would be addressed by addressing these issues as prominent themes in the LUD conference. In addition to it, there would be keynotes and panel discussions about it on a global level.

Understanding and adapting to relevant societal trends are critical for the growth and success of Let Us Dream conferences. Moreover, observing and responding to current trends will promote professional learning community development, one of LUD's organizational goals. The following trends warrant consideration, such as Artificial Intelligence (AI) and its impact on society's humanitarian dimensions in the fields of education, health, and social services. Further, the community transformation and the driving force for change, and the value of giving back to the community and the environment. Lastly, the environmental concerns pertaining to climate change, conscious consumption (prosumer behaviour), and sustainability.

In addition to addressing trends, LUD board members and its core team members must be ready to meet new challenges. Currently, one challenge the LUD conference program faces is conference chair burnout. Leading the conference planning process and implementation can be an onerous undertaking for novice conference chairs. Without sufficient preparation and support throughout, LUD runs the risk of losing potentially effective volunteers who may otherwise be interested in assuming further leadership roles within the organization. Notwithstanding the creation of the conference planning handbook, it is recommended that early leadership orientations be introduced to prepare chairs and co-chairs for their leadership roles. Also, helping potential new members to align their interests and expertise with Let Us Dream conference projects, initiatives, and activities should help with organizational sustainability efforts.

The Let Us Dream vision, “Empowered local communities for sustainable global impact and improvement,” embodies the most fundamental LUD message: When people come together to discuss local needs and concerns, organize for change, and share successes and challenges at both regional and international levels, they have the opportunity to create a better future at home and worldwide. Thus far, the Let Us Dream program has had substantial impact on community improvement in terms of: i.) increasing awareness of the many service organizations and networking opportunities in various local communities; ii.) engaging in discussions of how to share local resources for more effective collaboration; iii.) building stronger alliances among

post-secondary institutions, NGOs, and community volunteers; and iv.) identifying young leaders in the community. Meanwhile, to encourage those who are interested in volunteering with Let Us Dream, it is advised to align one's interests and expertise with the various projects, initiatives, and activities of Let Us Dream.

Most importantly, the biggest takeaway from the Let Us Dream Chapter for communities and individuals across the world would be the core vision of the program, which is Empowering the local communities for sustainable global impact and improvement. This is also the fundamental message from LUD. We strongly believe that when people come together to discuss local needs and concerns, organize for change, and share successes and challenges at both regional and international levels, they have the opportunity to create a better future at home and worldwide.

Now, when we look into the experience through the Let Us Dream program, the major impact on the wider community would be the increased awareness of multiple service organizations and networking opportunities in a given local area. The positive change and community development initiatives have led to a discussion of how to share local resources for more effective collaboration. In addition, there is a stronger alliance among the Post- Secondary institutions, NGOs, as Community leaders. This further helps in the identification of Young Leaders in the community.



Dr Pauline Leonard, PhD
Retired Professor & Department Chair,
Louisiana Tech University
Co-Director, Let Us Dream Conference -USA



Celebrating Collaboration and Community Impact with Let Us Dream



Debbie Collett-O'Brien

*Let Us Dream Liason,
Binghamton University*

“ In my role, I have worked with and helped coordinate the Let Us Dream Conference at Binghamton University since 2019 and have been amazed by the impact which this organization has had across the globe. The Let Us Dream Conferences allowed practitioners, learners and community members to come together, hone their skills in a variety of disciplines, and invigorate one another to bring out and strengthen sentiments of community, empathy and care which are already ingrained in the community itself. I love recruiting students, faculty members and staff at Binghamton University to get involved with the Let Us Dream Conferences as it provides an opportunity for international, interdisciplinary collaboration where you meet others who are passionate, innovative and driven to educate others about best-practices that will better the lives of others, while learning how to translate those skills in your own work.

Let Us Dream has endless opportunities for involvement and working with Dean Laura Bronstein, Michael Kaufmann, Tracy Lyman and Jeff Smith has been such an amazing experience to see the wonderful work of those in the Binghamton community get recognized on a national- and global-level. It's been such an honor to work with such accomplished, hardworking individuals who exemplify how to be a positive agent of change and empower others to do the same. I look forward to the continued partnership and collaboration between Binghamton University and Let Us Dream and how this work will positively change the local community in the years to come.

”

Evolution of Triennial Conferences - From 2020 to 2022



Dr Phinu Mary Jose

*Academic Entrepreneur,
Assistant Professor, Christ University*

“ LUD Conference 2020, held completely online from 20 November to 22 November, was a life-changing experience indeed for me. While the Planning Committee began planning for the in-person Conference November 2020 as early as December 2019, when I was invited to join the team.... no one in their wildest dreams thought Covid would turn our world upside down....and in many ways, it was literally upside down....reverse mentoring by tech-savvy young volunteers in making the conference completely digital....venue didn't matter as all of us seemed to have lost sense of time and space.....logging in to meetings early in the morning while the night seemed to never end at some places....as our universe started in the bedroom and ended in the kitchen during the terrible days of lockdown across the globe, LUD opened the screens into lives of people who joined us from SouthAfrica to Australia to New York to Zurich to Kerala and Bangalore....breaking barriers and building bridges across the boundaries defined by geography with only one philosophy...to make this world a better place!

LUD Triennial Conference 2020 became the beacon of hope for all of us involved, so much so that we continued with the same spirit in organising the Annual Conference in 2021 and Local Conference in 2022 with the same zeal and enthusiasm. The success of these 3 years is not defined by the 40000+ registrations or views online but by the leaders nurtured through volunteerism and lives touched that make ordinary days seem extraordinarily blessed!

”

Developing Servant Leadership & Social Responsibility through Let Us Dream

Dr Suzanne Mynette Mayo

*President/CEO, Mynette Management Company,
Lecturer II, Grambling State University, LA*

“

*“Never doubt that a small group of thoughtful, committed citizens can change the world;
indeed its the only thing that ever has”*

The Let Us Dream Conference has been one of the most inspiring experiences for the students I teach at Grambling State University (GSU) and, for me, since 2017. Dr. Glenda Island, Chair of the Department of Family and Consumer Sciences at GSU invited me to join her in 2018 for the conference at La Tech University in Ruston, LA as a part of GSU, our partnership with Christ University and Father Lijo, Founder of the conference. Since 2017, I have engaged students in the LUD conferences domestically and abroad in my classes as an example of teaching servant and transformational leadership, social responsibility and globalization. My most memorable single moment was in 2020 (during the Pandemic) when the Student Panel was highlighted with student's comments and reflections on giving back to their communities and others in need. This panel awakened my inner core of what teaching and learning is all about and I continue to keep this spark today and into the future with this conference. Each time we begin to plan for the LUD Conferences in Louisiana each year, a natural disaster or worldwide or local crisis has occurred, but this has not put a damper on our ability to gather together, share insightful thoughts, research and practices and work to help us help others in the name of service to humanity. For the many people who are Unsung Heroes, I salute Father Lijo and The Let Us Dream Conference is a master at featuring great every day to give in the areas of health, education and social justice for all. I remain a LUD advocate and look forward to 2023 in India.

”



Dreaming Together for a Better World



Dr Martin Klein,

*Vice President, Catholic University of Applied Sciences
Nordrhein-Westfalen, Germany*

“

60 years ago, on 18 August 1963, Martin Luther King gave his “I have a dream” speech at the Lincoln Memorial in Washington. It is one of the most famous speeches of the 20th century. The dream was to fight racial discrimination and to treat all citizens equally before the law. The dream of a better society is more relevant than ever. In the 21st century, too, there is hope of living in a society without discrimination and gender inequality. Hope that companies take on social responsibility, produce sustainably and protect the environment.

Unique about all these dreams is, that they will only be fulfilled if we stand up for our convictions, act on them ourselves and convince others of our dreams. At the “Let us Dream” conferences we dream together. The cooperation supported by visionary and committed people from all over the world is not only an important source of joy and inspiration. It is also a strong motivator for specific measures for implementation and helps endure all the obstacles and setbacks along the way.

Through international exchange, I was lucky to experience creativity and the power of imagination emerging across borders, so new ideas and innovations could be developed. The “Let us Dream” conferences are supported by the community and live from the commitment and contributions of the volunteers. This is a gift and it would be great if, at the end of the 21st century, the project was as well known as the speech mentioned in the beginning.

”



DREAMS BAND

Music - the ultimate expression of self. Music is the closest thing today to divinity. It casts the beauty of the soul and magnifies everything it touches. Not only a form of self-expression, but also the harbinger of peace and prosperity. Music is the soul's way of connecting with God. Born out of the beautiful vision of the DREAMS program, the DREAMS Band brings together a group of talented and determined individuals at various location of the DREAMS. Born out of the beautiful vision of the DREAMS program, the DREAMS Band brings together a group of talented and determined individuals in various locations of the DREAMS.

The DREAMS Band strives towards making a positive difference in the community by utilizing musical skills. DREAMS Band is an opportunity to help performers motivate the audience and use music as a channel to empower communities. The Band in each location is voluntarily organized and managed by local musicians. At the core of the DREAMS Band lies the conviction in the ability of music to transform, educate, and inspire human beings. Through songs with motivational lyrics and upbeat music, the band attempts to uplift the spirits of the people, and nurtures a musical garden for holistic development.





Written, composed, performed, and managed by the children in the band, the songs share stories of values, and success. The children are also supported and guided by the local musicians. The Band performs one day musical retreats apart from the regular concerts that goes on for two hours.

DREAMS Band consists of a group of young motivated individuals who wish to make positive changes around them through the power of music. At the core of the DREAMS Band lies the conviction in the ability of music to transform,

educate, and inspire human beings. Through songs with motivational lyrics and upbeat music, the band attempts to uplift the spirits of the people, and nurtures a musical garden for holistic development.

Written, composed, performed, and managed by the children in the band, the songs share stories of values, and success. The children are also supported and guided by the local musicians. The Band performs one day musical retreats apart from the regular concerts of 1-2 hours' duration.

Our Band Members

Mary Ann Stokes	Singer
Hannah Baham	Singer
Julia Barkley	Singer & Piano
Liza Barkley	Singer and Guitar
Caleb Baham	Percussions & Singer
Jacob Baham	Guitar & Singer
Noah Baham	Percussions & Singer
Brendon O'Malley.	Guitar
Alexavier Toney	Drums
Jeremiah Colema	Drums
Izabella	Singer & Keyboard
Maribeth Holzer	Manager; Singer/Guitar
Dani Chase . . . Ast. Manager & Tech Support	
Lamar Trichell	Guitar & Head Instructor
Kody Chase . . . Drums & General Coordinator	
Olya Barkley	Singer & Photographer
Bill Barkley and Ike Stokes . . . Sound System	
Fr. Lijo Thomas. . . Director & Singer/ Guitar	



www.letusdream.org/dreamsband

DREAMS Kids for Kids' Dreams:

Kids for Kids is the extended community service project of the band. The band members are collectively involved in helping those that are less fortunate. The band also makes use of their concert money to help less fortunate kids around us.



For more information or to book our band please contact:

Dreams Band
302 Ingleside Dr.
Monroe, LA 71203
Phone: 318 614 0444
email: letusdreamusa@gmail.com

www.letusdream.org/dreamsband

DREAMS Band

E M P O W E R T O S U C C E E D



An International Platform for Empowering Youth

Success belongs to Those who work hard To reach their dreams!

Desire-Readiness-Empowerment-Action-Mastery-Success = DREAMS™

www.letusdream.org/dreamsband

DREAMS Kids Band Brochure from 2015 - Monroe, LA, USA

DREAMS Band

WHO ARE WE?

We are here for Knowledge
Knowledge is real power
To capture it for our future
To change the praxes of evil
Now we need a real light
Because we're in this
darkened world
To lead us from darkness,
into the light...

WE CAN ACHIEVE...

*Empowering communities
for global harmony (and
Holistic Success)*

*To create a global impact
and nurture young talent,
skills, and leadership
abilities.*

A GOAL TO REACH... MEET OUR KINGPINS

We sing the songs of love
To care for and empower
We sing the songs of life,
To dream and fly to the best
We sing the songs of ties ,
To live and work together
We sing the songs of times,
To have meaning in life

FEIGA GANGMEI MARK
Technical Advisor

PROF MICHAEL ZIMIK
Faculty Representative

SHINJAN MITRA
Faculty Representative

KALIKA MATHUR
Organisational Head

VISHAL JINDAL
Logistics and Operations

HOW WE WORK

- student workshops
- corporate trainings
- student summer camps
- concerts in different cities

Other Extensions of the Project...

- DREAMS Intervention Programme
- LUD Clubs
- Research
- Fellowship
- DREAMS Band
- Conference

Locations of Operation...

- Bengaluru
- Changancherry
- Thiruvananthapuram

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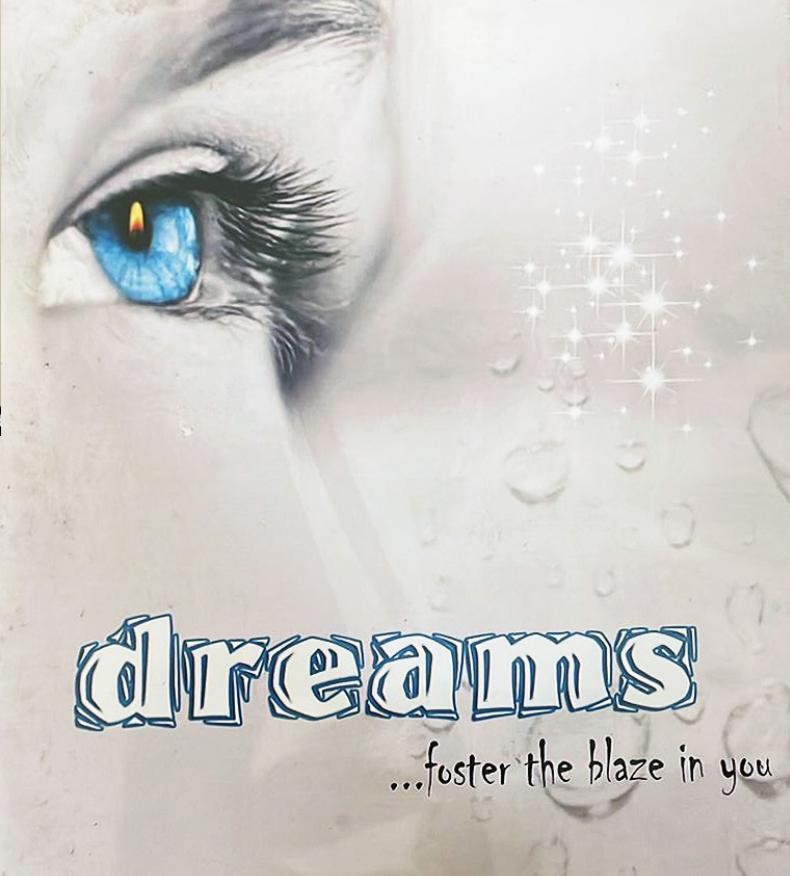
FOR MORE INFO

- <https://LETUSDREAM.ORG/>
- [INDIA/ USA/ GERMANY](#)
- <https://TWITTER.COM/LETUSDREAM575>
- <https://LINKEDIN.COM/COMPANYLUS-LETUS-DREAM>
- <https://WWW.INSTAGRAM.COM/LETUSDREAM.BAND/>
- <https://WWW.YOUTUBE.COM/CHANNELCNWEEQNLZTQJL5YSHR0W/LFEATURE>

LET US DREAM

Empowering Communities

DREAMS Band Brochure from 2022



The program is bound to evolution in a variety of paradigms. With the publishing of annual reports and various other measures, the program is set to witness changes at several levels.

Specifically in context of the Band, we are working on a lot of ventures such as a project on curating an album of the songs part of our repertoire, conducting workshops and trainings for people of varying age groups, holding summer camps, and inculcating leadership values at decentralized levels, among each individual. We are determined to connect with other chapters, and grow together, as a unit, in symmetry. The Band is also working on conducting corporate training sessions, to uphold our vision as well as build an empowered society.

Rightly said, nothing is devoid of challenges. The band also, currently does face certain challenges, which instead of holding us back, keep us to overcome them and move forward with greater rigor. Finance is one of the biggest challenges that we are facing currently. We are coming up with corporate training programs and other ideas, so that we can tackle the problems related to finance, and create a more self-sustained organ. We are constantly looking out for opportunities in sectors even part from the education sector or schools/colleges, and venturing into the corporate sector for the purpose of training and leadership development programs.

The program and the Band has also experienced some prominent changes in its structure and functioning, which is best noticed and discussed by our respected alumni.

Over the years of working with the Let us dream project, I have been really fortunate to have experienced many positive evolutions that have happened. Starting with a family of only a handful of volunteers and only one chapter(school), it has now grown to 4 chapters and a good number of volunteers. Every year the Let us dreams project was able to upgrade itself in order to provide the best for the children. Initially, the project only focused on the summer camp but gradually more programs like free weekend music classes, theater etc were introduced along with the annual day for the project. These are the few things that I was lucky enough to experience and be part of. As I was mainly concerned with the band of the Let us dream project, it was a wonderful journey with them. The band started with only 3 members which included the founder of the let us dream project, Father Lijo, and were only playing for small events. Now the band has multiple instrumentalists and singers who are actively performing and even doing outstation performances. The level of growth that the project has gone through is no easy task. Even as the worldwide calamity of the pandemic raged across the world the let us dream project remained active and continued to spread its message. This shows how the project has evolved in every aspect.



Certain areas of improvement I can think of for this project are:

- To have more interaction between the different branches of the project. This will ensure familiarity and enhanced team work.
- More situations, events, and activities that involve the children, so that they don't only have to wait for the summer camp to come.
- Band to be more connected with the children.
- Staying committed towards L.U.D. Also come up with some inputs which can help L.U.D as an organization to develop and come up with new practices which are more efficient, cost-effective and sustainable at the same time.

The most important message and lesson that the program offers to communities and individuals across spectrums and holds a cardinal and critical place is the vision and mission that it holds.

Today's world is a very fast-paced world, where humans are not taking a moment to stop and look back. In the hustle and bustle of life, we forget to look around, and do not consider humanity worth the time and effort. The most important thing that the Let Us Dream program and the band can offer is to build compassion, service engagement, and empower communities across stratas and societies. DREAMS Band, specifically has the potential to empower communities through the powerful tool of music, while building budding musicians in various aspects apart from musical skills.

The DREAMS Band uses music as a tool to uphold the vision and mission of the Let Us Dream. We often realize the impact that we create, when young students express that they get motivated by us, aspiring to become musicians, and to pursue their dreams. Additionally, when we as members of the band retrospect, we find ourselves to have grown exponentially in several aspects of life. It not only creates an impact on society, but on us as individuals as well. It teaches us lessons of life, which an ordinary classroom might fail to deliver.

Kalika Mathur, Vishal Jindal
Band Head, Bangalore



Empowering Society Through Music & Collaboration



Abhishikth George John

Music Coordinator / Choir Director

Christ University, Bangalore Central Campus

“ DREAMS Band is a group of budding musicians coming together with one vision and mission to empower society and holistically grow others around using music as an effective tool. The band is a balance between a professional and a college band. The freedom to express and space to grow are the two most important factors I have personally experienced being a part of the band for the last 4 years. The band really has an impact on people, as the songs the band performs and the performances are very life-centric. Each performance for me was reliving success through struggles in life, or cherishing past memories.

One of the most memorable moments of my time with the band was my first day in the band. To have got selected as a keyboardist for the band was a huge surprise in my life and a turning point for in-depth exploration in the field of music. As soon as I entered the jam room, I could see a few musicians I really looked up to and the space made me feel very comfortable and I felt belonged. I found a bunch of friends who later in life turned out to be a strong support system and family away from home.

The vision and mission of the band is what attracted me. Coming from a family involved in ministry, I grew up understanding the importance of bringing a change in society using my passion for music. The band has absolutely put me in the most uncomfortable situations to mold me to become a good leader and teacher. The functioning in the band really made me capable of multiple responsibilities, which includes coordination and other soft skills very essential for working under any institution.

”

Harmonizing Growth: My Journey with the DREAMS Band



Ibin Rigia,

Mental Health Advocate &

Music Enthusiast / Musician

“ Being part of the DREAMS band was a journey of self-discovery and holistic growth for me. It didn't only help me improve my musical abilities, but it also helped me to enhance my other skills, like teamwork, leadership, decision-making, and social skills. Being in the same room with hardworking and dedicated individuals had a positive impact on me, and I was fortunate to have been able to learn so much from all the band members who were part of DREAMS band over the years. The most wonderful thing about the DREAMS band is that they never look for the best musicians. They instead look for the most dedicated and focused ones who are looking to grow holistically and are passionate about the goal of the Let us dream project. This is what sets it apart from any other band out there.

”



Leadership Fellowship Programme

The Let Us DREAM Leadership Fellowship Program (LLFP) empowers young leaders to create transformative social change through interdisciplinary training and practical experiences. The program focuses on developing strong leadership, mentoring, and coaching skills, and includes planning and organizing peer mentoring programs, national conferences, and professional discussions. This fellowship offers real-world project participation, professional development, problem-solving techniques, team collaboration, positive disagreement resolution and interaction with diverse educational and cultural backgrounds. Fellows also have the opportunity to exchange ideas with experts in fields such as business and management, public health, and the humanities and establish and grow a network of skilled mentors.

The inception of the Let Us Dream Fellowship can be traced back to a series of unsuccessful fellowship applications submitted by Fr. Lijo. These setbacks inspired him to initiate a fellowship program under the aegis of Let Us Dream. The collaborative effort to shape this concept involved Devika, Col Ranjeev K Babu, and later Yogesh joined the team. Engaging in frequent hybrid meetings, the team deliberated on the fellowship's objectives and alignment with Let Us Dream's mission. Col Ranjeev's guidance to "work from the backend" urged the team to visualize their approach.

With shared enthusiasm and unwavering commitment, the team commenced the development of the application process. External input was sought, including reviews from members outside the core team, universities like Binghamton, and input from PhD scholars. The Let Us Dream Fellowship evolved through a journey marked by trial and error, setbacks, and robust ideation.

Receiving applications and onboarding fellow applicants

was a momentous achievement. This fellowship has become an integral facet of Let Us Dream's evolving structure, serving as a catalyst for nurturing transformative leadership among emerging global leaders. The program's objectives are comprehensive, with a focus on mentoring, leadership development, and community engagement. Fellows are equipped with skills to address pressing community issues, aligning with Let Us Dream's ethos. They are encouraged to identify challenges and develop actionable plans to mitigate them.

While navigating through the stages of the fellowship, these emerging leaders learn to effect positive changes within their communities. They acquire essential organizational and management skills, design and implement community intervention programs, and evaluate their impact effectively. Proficiency in diverse models for community development initiatives is fostered, along with honed research skills.

Leadership growth is not without its challenges. Early stages involve a learning curve, resource constraints, initial community skepticism, and the need for resilience in the face of setbacks. These trials are part of the growth process, and the fellowship provides a nurturing environment for leaders to learn and thrive.

The Let Us Dream Fellowship has become an indispensable component of our leadership development structure, cultivating young leaders aspiring to effect positive change in their communities. Just as a child matures and develops, these leaders grow, acquiring the skills and competencies necessary for transformative change. Despite the challenges encountered, the fellowship remains a steadfast source of guidance and support on their journey towards becoming influential and impactful leaders.

OBJECTIVES

- Introduce fellows to a different perspective of life by mutual empowerment with a purpose of self-growth and fulfilment.
- Sensitize fellows to the demands of psychosocial needs through trust-based relationships by addressing pressing community issues through hands-on experiences.
- Introduce fellows to diverse interventions of Let Us Dream, bridge connections and facilitate the exploration of strengths and challenges in a community of practice.
- Develop fellows to initiate and implement action-centric competencies to make a transformational impact in the community for sustainable outcomes

OUTCOMES

- Develop mentoring and leadership skills that help to bring about positive changes in the community
- Acquire organizing and managing skills in community development initiatives
- Learn to design community intervention programs and evaluate the impact of interventions
- Apply diverse models for community development initiatives of Let Us Dream
- Play an active role in strategic leadership teams
- Enhance research skills
- Intervene through sustainable development goals and global contribution.

OUTLOOK • DREAMS Fellowships

I am pleased to provide my thoughts on the outlook of the Fellowship. As a newly started fellowship in April 2023, the Let Us Dream Leadership Fellowship (LLFP) has the potential to achieve significant growth and impact in the coming years. As it puts its baby steps forward towards achieving success with set clear, realistic and measurable goals. This fellowship is carefully designed which aligns the goals, objectives, activities of the organization accordingly, building strong relationships within the organization and collaborating effectively to build a network of support for the fellowship. As someone who has been involved in similar projects in the organization, I am confident that the Fellowship will bring about positive change for the organization and its stakeholders.

First off, I think the Fellowship will aid the organization in luring and keeping incredible people. The organization can establish itself as a frontrunner and draw in young people who are highly driven and willing to learn and improve by providing a structured programme that gives fellows practical experience. The Fellowship also offers an important venue for innovation and knowledge exchange. The new perspectives and ideas that fellows get by working on projects and collaborating with colleagues will help the organization keep on top of the latest trends.

In addition, the Fellowship can help the organization build strong relationships with stakeholders and partners. By engaging with external organizations and institutions, fellows can help build bridges between different sectors and create new opportunities for collaboration. This can help the organization expand its network and deepen its impact.

I am optimistic about the Fellowship program in the coming years with a new set of thoughts, revamping the changes and reworking with challenges. The organization can build a talent pipeline that will support its long-term success by giving fellows worthwhile experiences and chances for advancement.



Devika Mahesh
Strategic Executive Lead,
Let Us Dream Clubs & Fellowships,
CHRIST (Deemed to be University)

Fellowship Programme: An Opportunity to improve my Perspectives



Peter Livingston

“ I am delighted to share information about the ‘Let Us Dream Leadership Fellowship Program’ in DREAMS. My dream is to play a pivotal role in helping children from socioeconomically disadvantaged communities complete their education and guide them in identifying an empowering career path that enriches their personal growth, creating future global leaders. Through this fellowship program, I gain multiple ideas and clarity on structures that assist me in building a strong team and equipping them to work toward our vision of empowering every child. In my fellowship program so far, I have learned about team building, creating a structure for a team, strategic leadership, and how to align the team with a vision. This program provides me with valuable perspectives and stimulates my thoughts and creativity. The program fosters a non-judgmental atmosphere with disclosure sessions. I am proud to be a part of this fellowship program. I extend my gratitude to the fellowship team for providing amazing opportunities.

”

Growing & Learning through the Fellowship Opportunities



Syed Shameel Ahmed,
Student & Fellowship Awardee

“ Let Us Dream has been a remarkable opportunity that I consider myself fortunate to be a part of. Witnessing the diverse individuals in this program has been truly inspiring, and I have learned valuable lessons from this exceptional team. The multifaceted roles within Let Us Dream have made my journey wonderful and enriching.

I take pride in having a mentor who has made every step of this journey easier for me. Our trips with team members have been unforgettable, filled with practical discussions and problem-solving sessions led by experienced mentors and professionals. I can confidently say that Let Us Dream is nurturing professionalism in me.

This platform has a track record of shaping leaders and continues to develop new ones. It has provided me with the opportunity to enhance my knowledge and skills. I am sincerely grateful for this invaluable experience and the chance to be a part of Let Us Dream. Thank you for this great opportunity

”

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LET US DREAM

"LET US DREAM" is a globally recognized Not-for-Profit Organization dedicated to the vision of holistically developed communities across the world. Rooted in the philosophy that every society and individual can interdependently work towards a sustainable world, the project believes in the power of a global family. With the guidance of principles set forth by iconic figures like Mahatma Gandhi and Mother Teresa, the organization's approach is deeply communal and aims to tap into the untapped potentials of individuals, especially in psycho-social leadership aspects.

The organization operates with a community-based working model, effectively connecting people and bridging various community entities. To realize its goals, "LET US DREAM" has established four main initiatives: DREAMS Program, DREAMS Band, DREAMS Pro Club, and Let Us Dream Conferences. Each initiative focuses on empowering both individuals and communities, emphasizing growth, leadership, and holistic development.

"LET US DREAM" is not an organization but a movement, inspiring every individual to contribute to a better, harmonious future. Beginning as a humble vision 25 years ago, "LET US DREAM" has blossomed over the decades. From its grassroots origins, it has steadily grown, expanding its reach and influence. Today, it stands as a testament to unwavering commitment, dedication, and the power of community-driven change.



JOIN OUR COMMUNITY - CONNECT WITH US

Unite our passions for a greater cause.

Join hands with Let Us Dream, making a positive impact together.

Together, we can change lives!

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