



DREAMS

DESIRE READINESS EMPOWERMENT ACTION MASTERY SUCCESS

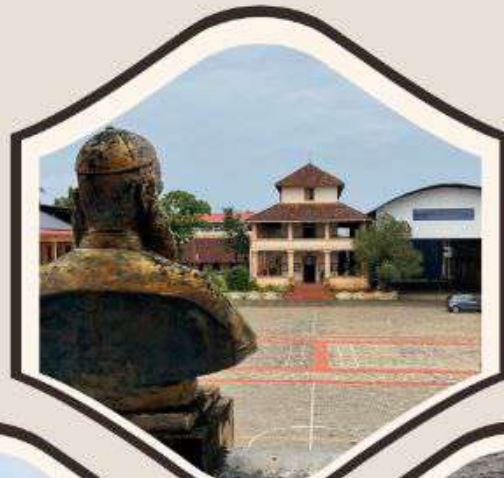
Kristu Jyoti College Of Management and Technology
Changanassery Chapter

OUR JOURNEY NEWSLETTER

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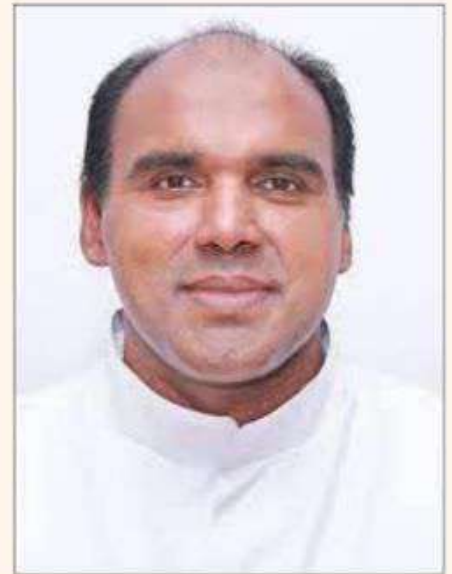


YOU HAVE TO DREAM BEFORE YOUR DREAMS CAN COME TRUE

~ A.P.J. ABDUL KALAM

PRINCIPAL'S MESSAGE

This world goes through colossal and humongous changes at present. Everywhere, new ways of thinking and innovative means of doing things get affirmed and solidified. In this hypersonic world, we have to make tremendous efforts to catch up with the revolutionary things that churn up day in and day out in our life. Instead of toeing the line, we need to swim against the currents to bring welfare measures to the needy and also to the deserving ones across the world. Only through systematic functioning and collective endeavours, this can be brought into fruition.



The education that we are exposed to in the current scenario should pave the way for ourselves walking through the untrodden path to acquire the requisite skills to surge ahead in our life. When we lead from the front with conviction, determination, vigour, grit and vitality, anything is possible in life.

I am so elated to come to know that Changanassery chapter of Dreams is engaged in the unique and novel venture of putting together a Newsletter. I shower my full-fledged appreciation on this creative and authentic feat. I am also so much overjoyed by the involvement of our students in Dreams programmes. The participation of our students in these programmes has immensely contributed to the interactions between the teenagers and the mentoring team.

I do staunchly hope and firmly believe that 'Dreams' is an undertaking that can confer on our youngsters traits such as leadership skills, futuristic vision, rare acumen, holistic outlook and positive mentality. Let the dreams of our youngsters bear plenty of pearls and diamonds in the course of time through the Dreams organization. My best wishes to all the enduring works of the Dream team.

~ Rev. Fr. Joshy Cheeramkuzhy CMI
Principal

Kristu Jyoti College of Management & Technology

FOUNDER'S MESSAGE



In the past, education was a community's business. We have heard many times that it takes a village to raise a child, but today education is more or less the responsibility of the government or that of a business. And today schools are in big competition to show the high score and success rating in academics. Because of the test centered system of our education, the schools are helpless in providing a child centric holistic developmental training for the children. All the more our children of course, all of us are more exposed to a toxic social situation than ever in history.

Therefore, each local community has a responsibility to intervene into this situation by providing our part rather than blaming our system. If we don't play our role as a community in transferring our stories of life, both success and failure stories, our children will never get those values and skills in their life.

Thank you my dear Dreams Mentors, both adult and youth mentors for becoming a part of a solution by sacrificing your precious time to make some positive difference in the lives of our children. Instead of talking, posting and arguing ill about other systems and other people around us, I personally understand how much you are sacrificing to continue this Dreams project to transform the lives of our children for their better success in life. Thank you so much for your help.

I would also like to thank and appreciate everyone who is supporting this project. Thank you parents and children for realizing the need for a holistic growth in our life and committing to this three year program. We believe as a team in the famous quote of Mother Teresa, "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". Thank you everyone for joining this small initiative by sharing your time for our children, tomorrow's world, I promise you they would never, ever forget you in their lives. The impact you have made or you are making in their lives are remarkable. God bless you all and guide us all.

*~ Rev. Dr. Lijo Thomas CMI , Founder : Let Us Dream, Inc. (USA , Germany & India)
Assistant Professor, Psychology, Christ (Deemed to be University), Bangalore, India*

DREAMS, the brain child of Rev. Dr. Lijo Pathickal CMI, is an international interventional program, aiming at the holistic development of the under achievers. The results of the past few years testifies that the program is successful in fulfilling what it envisioned.

Behind any successful project, there would be a group of dedicated, passionate, selfless people. It's their tireless efforts and perseverance that bear fruits. One can never forget the efforts put in by Bro Tampson, Justin sir and the mentors. You all did a great job! My heartiest congratulations to all the students who brought this newsletter into a reality.



TESY THOMAS
PROGRAMME DIRECTOR

I hope every single person who got involved in this camp learned a thing or two, consciously or unconsciously. And that's the success of this program. We all grow together, as one big family, creating small ripples. Let's hope these ripples would one day conquer the world with waves of socially committed, ignited young minds ! May God bless you all.



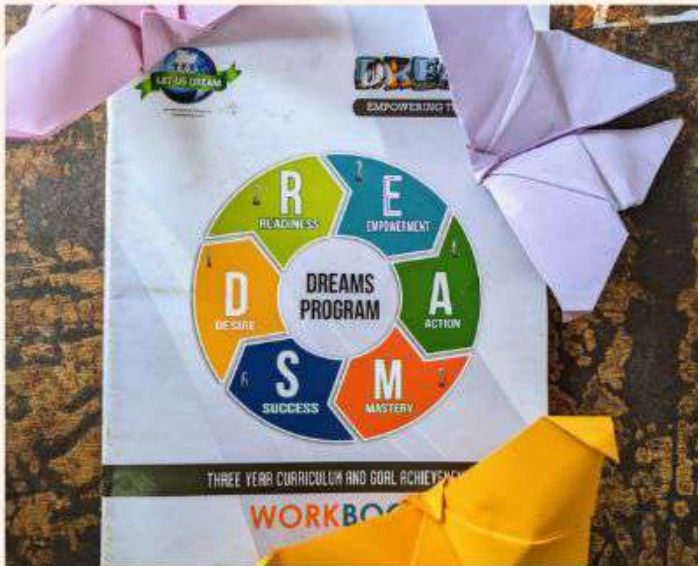
SEBASTIAN THOMAS
CO-DIRECTOR

While working in schools, I felt that due justice is not always given to the timid, the back benchers, the 'difficult to come up and speak' kind of children. And here, DREAMS platform exactly provides ample opportunity to those children whom you engage differently and bring out the best in them. The magic of DREAMS EFFECT does not end there. The youth mentors who are involved in bringing out the change in mentees are themselves changed for the better .

The brilliantly planned DREAMS three year syllabus and method, the kind of which you never see in school curriculum is an eye opener and guide to everyone who wants to be successful in life. It promotes values and it transforms the soul. It changes your attitude to your self, to your family and to the society as a whole.

I take this opportunity to thank all the youth mentors (all Kristu Jyoti College Students), the senior mentors and the guest lecturers for their hardwork and dedication in conducting the five day camp. Hats off to you for your efforts and good will to see good things happen to others and in the society. May God Bless you all abundantly.

EVALUATING OUR TRUE SELF



As the saying goes " The Child Is The Father Of The Man ", it means behaviour and childhood memories go a long way in building his personality. How much these children can influence us as ' mentors ' has amazed us . Some had confidence that blasted through the roof while some were shy, some had artistic talents while some were good in speeches. Similarly all students were unique and special in their own ways.

Together with them, we learnt to let go of our fears , insecurities , stage fear and shyness embedded deep inside as they were looking for inspiration and we had to set a better example for them. The camp had no one sided benefits as both mentees and mentors had a platform to cultivate their skills and to accomplish their goals. It provided an incentive to the attendees in setting their life goals.

Talks from various speakers which were specially designed for the students also had a tremendous effect on us . It was a momentous experience which gave us exposure to many ideas and thoughts which pushes us to set realistic goals and to march towards our DREAMS . There were lot of notable postive changes in students. Reflecting ourselves is really important in climbing the steps for personal growth. Reflecting helps in identifying our mistakes and how we can improve on them in the future.



It also strengthens the person's emotional intelligence and self regulation, strengths, weaknesses, values , goals , aspirations and also to check the impact it had on other people. Self regulation involves by being able to correct oneself and moving forward by rectifying the mistakes done. Reflection helps us to live a life of integrity. The very next step after reflection is evaluation. Self esteem is the evaluation we make of ourselves .

EVALUATING OUR TRUE SELF

When we use reflective appraisals we show accountability when we fall short of our goals rather than point the finger, at times positive illusions of oneself leads to self-affirmations.

We do our independent self well because our behaviour determines on what that one person perceives of us. Here jumps in the true value of evaluation. Evaluating ourselves in every aspect of life. How are we doing socially, mentally or physically ? These questions crave for answers deep within us. By careful evaluation of ourselves it helps in identifying our powers, weaknesses, talents etc.

DREAMS 5 day Camp can certainly be called 5 Days Of Transformation. We are thankful that we were given the opportunity to become a part of the 'DREAMS' initiative. It gave us a chance to self introspect our lives. Meeting those young and energetic children made us reminisce our childhood. We saw them transform and we can assure you that we transformed with them. The camp turned out to be fruitful, joyful and entertaining. Looking forward to more fun filled adventures with 'DREAMS'





SEN JOHNSON

The topic itself defines the purpose of writing this article. For me nurturing young talents beyond their limitations provides them a sense of confidence and importance of self worth in their respective life.

Young children may not have the knowledge to understand how the world moves forward on its own principles . If they are not able to cope up with the children of their age, it is not their problem but their inability to understand or identify oneself.

These kids have multiple interesting talents but they fail to showcase as they are afraid of the crowd and also due to lack of confidence in themselves. This would move them away from others and they would think that being alone is the best solution which growing further would ruin their life .So as they are not able to understand their abilities, its our job to guide them by restructuring their paths and helping them out to regain their self confidence and positive attitude in life .

We really had a beautiful 5 day camp full of energy, enthusiasm, responsibilities and lot more. We were given kids from various nearby schools facing minor issues in expressing themselves, sharing their feelings and lacking a feeling of self worth leading to low self confidence .



GIRISHA M BIJU

Dreams , What do you mean by it? One which we all see while sleeping and the other to the path of Success .

In today's world everyone wants to be successful but what is a Success. The perspective of Success varies from person to person. But one thing is that you should remember success is not something you can copy from others. You have to make your own path to achieve success.

Moreover most people think of celebrities, artist, politicians and businessman whenever they hear the word success and think doing what they do will make them successful. But they forget the most basic thing that makes a person successful that is their hard work , dedication, and the desire to achieve their dream.

Through this DREAMS Summer Camp it helps and show us how to set goals and to your catch up with your dream. Here, rather than preaching success we allow the mentors and mentees to define their own subjective experience of success .

This platform provides a wide range of opportunity to learn from one another, strengthens leadership qualities, time management goals.

And one should remember that "Success is not final, failure is not fatal: It is the courage to continue the counts."

GALLERY



GALLERY



EDITORS REFLECTION

" ITS NEVER TOO LATE TO FOCUS ON YOUR DREAMS "

The course of life is not always smooth, from time to time we face challenging life situations that demand resolution. With challenges come the potential for difficulties as well as opportunities. What counts is our reaction- whether we view the situations as a "challenge to overcome " or as a "threat to flee

from". As creatures of habit we rely on a limited number of options for solving problems, thereby dismissing our own competency in being creative.

What develops is a life pattern in response to problems that is not very successful at resolution. But a resilient person is able to cope with challenges differently and effectively. Having supportive relationships, maintaining an optimistic outlook, self confidence, and keeping things in perspective, all assist in building resilience.



ASHNA MOSSES

As students move beyond the secure walls of school and explore new frontiers, more challenging and fulfilling life awaits them. The education and training they've had at school becomes the guiding force as they chalk out a new course of life. Discovering oneself is a journey into the unknown and unfamiliar, but

but this crucial step towards self realization is a statement of commitment and an act of courage.



SIBEL GEORGE



TEENA ALIYAS

'DREAMS' is an initiative that aims to help students to make them ready for meeting life's challenges which leads to life enhancement, not just survival, and strengthens the resilient spirit.