

# DON BOSCO ANBU ILLAM

May and June 2025

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## NEWSLETTER

### **ABOUT US**

Don Bosco Anbu Illam Chennai is a Child Rights organization Started by Salesians of Don Bosco in 1985 in Chennai, Tamil Nadu, South India. It's a globally well-networked organization which serves the young at risk, drawing Inspiration from Don Bosco, a Catholic priest from Italy. It Offers Residential care for street and working children and family-based care for vulnerable children in the slums and pavements. It is Registered under Tamil Nadu Societies Registration act 27 of 1975 S. No. 34/1986. Income tax exemption is available under 80G. The home is registered under JJ act 2015. Don Bosco Anbu Illam operates multiple shelter homes dedicated to providing care and protection for children. Our organization extends its reach through various community centers, offering support and intervention to children in underserved areas. Through these initiatives, we aim to create a positive impact and foster a safe environment for children in need.

Welcome to the latest edition of "Voices of Hope" the official newsletter of Don Bosco Anbu Illam, Chennai. This publication serves as your comprehensive source for the latest updates, initiatives and progress at Don Bosco Anbu Illam. Our mission is to empower communities through impactful programs that promote well-being, education and sustainable development, making a meaningful difference in the lives we touch.

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# Director's Message

A loving greetings from Don Bosco Anbu Illam

As we raise our flags and sing our national anthem this Independence Day, we celebrate the freedom our country gained many years ago. But true independence is not just about a free nation, it's about ensuring that every person, especially every child, is safe, respected and allowed to grow with dignity.

Across the world, and even in our own country, many children still face challenges that go against the very spirit of freedom: child labor, abuse, neglect, hunger, lack of education and even violence. These are not just problems they are violations of a child's basic rights. On this special day, we must remind ourselves that protecting children is a national duty. A free nation cannot be truly proud if its youngest citizens are not safe. Every child deserves:

A safe home and school

Love and respect

Good food and clean water

A chance to learn and play

Protection from harm, fear and abuse

Independence Day is the perfect time to renew our promise that we will not only protect our country's borders but also protect every child's future. Governments, schools, communities and families must work together to make sure that no child is left behind, unheard or unprotected. Children are not just the future; they are the present. And they deserve a present that is free, fair and full of opportunities. This Independence Day, let us celebrate freedom by giving our children what they truly need: safety, education, love and a country that stands up for them, always.

Warm Regards

  
Fr. Andrews Stephen Raj







## Movie Outing

On May 21st The boys of Bosco Illam enjoyed a thrilling movie outing, accompanied by brothers and volunteers. The highly anticipated outing took them to the vibrant PVR Cinemas for a special screening of the Tamil film, "DD Returns, next level." The film, "DD Returns," captivated the young audience, providing moments of pure enjoyment and laughter. The boys thoroughly cherished every scene, their faces reflecting the joy and engagement of the cinematic adventure. This outing was more than just watching a movie; it was an opportunity for the students to relax, bond with their peers and mentors and create lasting, happy memories. This delightful excursion underscores Bosco Illam commitment to providing a well-rounded experience for its students, balancing academic pursuits with recreational activities that foster well-being and camaraderie. It was indeed a great day, filled with thrilling moments and cherished memories for all.



## Draw your Feeling

On June 1st The "Self-Expression through Art" activity involved children drawing self-portraits, coloring them and sharing three positive statements about themselves. The purpose was to enhance self-awareness, boost self-esteem and encourage emotional expression. The activity successfully engaged children, who expressed joy and confidence through their artwork and affirmations like "I am helpful" and "I am smart." It fostered a positive and supportive environment, highlighting each child's strengths and promoting mutual appreciation.





## Session on Mindfulness Day

On June 7th we conducted the session on Mindfulness which means paying close attention to our thoughts, feelings, body and surroundings, without judgment. It helps us stay present and accept things as they are. When practiced with students, mindfulness can reduce stress and anxiety, improve focus and emotional well-being and build self-awareness and self-control. It creates a calm, supportive environment for their growth and healing.



## Session on Stress Management

On June 8th The topic of Stress Management was introduced, chosen due to its relevance to youth well-being. Stress was defined in simple and deeper terms and participants were asked to share what causes them stress. Using their workbooks, students identified their own stress triggers and shared their experiences with a partner or the group. This helped them recognize that stress can come from both positive and negative life changes. They then explored how stress also shows up physically in the body. Focusing on physical reactions rather than thoughts, participants identified their own symptoms of stress using a list in their workbooks and reflected on them with a partner.



**"WHATEVER YOU DO, THINK OF THE GLORY OF GOD AS YOUR MAIN GOAL."**  
**- ST. JOHN BOSCO**



## International Child Labour Day

On 12th June To observe the International Day Against Child Labour, a poster-making competition was held with the theme "Let Every Child Learn, Not Earn". Children creatively expressed messages like "Say No to Child Labour", "Every Child Deserves a Childhood", and "Power of Education" through drawings and slogans. The posters were displayed on the notice board to raise awareness and inspire others. The activity helped children understand the value of education and the importance of standing against child labour.



## Good Thinking for Bright Future

On June 14th A group session on Positive Thinking was conducted to enhance emotional well-being and foster a positive mindset among children. The session began with an introduction to the concept of positive thinking and its importance in facing challenges with optimism. Key benefits such as improved mental health, reduced stress, stronger relationships and increased self-confidence were discussed. Children explored the differences between positive and negative thinking through real-life scenarios and learned how 'Self-talk' impacts emotions and actions. Techniques for practicing positive self-talk, affirmations and gratitude were introduced to help build self-esteem and a positive attitude. Mindfulness was incorporated through simple breathing exercises and awareness activities to promote presence and reduce anxiety. The session included interactive elements like drawing, gratitude sharing and role-plays to reinforce learning. Motivational quotes were shared at the end to leave children feeling inspired and empowered.





## Yoga Day

On June 21st Morning yoga session was held in Saranalayam on International Yoga Day to promote physical and mental well-being. Children engaged in basic asanas, pranayama and meditation under expert guidance. The event emphasized the benefits of yoga for health, stress reduction and daily balance, leaving everyone refreshed and energized.

Bosco Illam celebrated International Yoga Day with enthusiasm, promoting holistic well-being among students. The day featured an inspiring orientation by Rev. Fr. Joseph Leo, the Former Executive Director of DBAI on yoga's mental and physical benefits, followed by an engaging evening session where students practiced yoga asanas, breathing techniques and meditation.



## Stress Relief Dance

On June 24th Bosco Illam had a stress relief dance session to support students' emotional well-being. The hour-long program offered a fun and energetic outlet for expression, helping students relax, uplift their moods and build camaraderie. The event reinforced Bosco Illam's dedication to holistic student development.



## Day against Drug Abuse

On June 26th An awareness program was held to educate children on the dangers of drug abuse and promote healthy living. Through a drawing competition themed "Say No to Drugs" and an essay contest on its impact on youth, the event encouraged creativity and critical thinking. It effectively raised awareness and inspired children to choose a drug-free, responsible lifestyle.



On the occasion of the International Day Against Drug Abuse and Illicit Trafficking, an awareness program was organized on 26th June 2025 from 3:00 PM to 4:00 PM, with the participation of 41 children.

The main objective of the program was to educate and sensitize children about the harmful effects of drug abuse and the importance of staying away from illicit substances. The session started with a short and age-appropriate awareness talk, highlighting the physical, mental and emotional consequences of drug use and trafficking.



## Introduction to AI Tools

Bosco Illam recently hosted an insightful “Introduction to AI Tools” session on June 28th 2025. Led by Mr. Mugilan, the session aimed to provide students with a foundational understanding of Artificial Intelligence and its practical applications. The program covered the core concepts of AI, highlighting its numerous advantages in education, such as personalized learning, enhanced accessibility and efficient information access. A balanced discussion also addressed the disadvantages of AI, including over-reliance on technology and ethical concerns.



**“MY GREATEST DESIRE IS THAT WE BE TOGETHER FOREVER IN HEAVEN ”**  
**- ST. JOHN BOSCO**



# INTERGRATED CHILD PROTECTION SCHEME

## Book Hunting

On June 19th We took our Students with tutor and internship trainees to visit the Library. The atmosphere was quiet, people were discovering new books or revisiting old favorites. Libraries often provide comfortable reading areas and offer other resources like computers, study rooms and even community events. It's a place where knowledge is accessible, fostering learning and reflection in a calm, welcoming environment. Students gained insight into library services and resources, encouraging future utilization. The visit was a valuable experience, promoting learning and community engagement.



## Parents' Meet

On June 20th we conducted Parents' meeting at our Bojarajanagar. The meeting focused on identifying areas where the student needs additional support. Teachers and parents discussed strategies for improvement and agreed on regular follow-ups. The conversation was constructive and solution-oriented, aiming to help the student succeed.



## Day against Drug Abuse

On June 26th the International day against drug abuse and illicit trafficking, Our Students were engaged in supporting the society by showing their skills in drawing the picture against drug abuse. The focus is to encourage global cooperation in achieving a drug-free world and support prevention, treatment and recovery efforts.



## First Aid & Trauma Program

On June 26th First responder BLS and Early trauma life support training programme was conducted in Government Stanley hospital. Fr. Yesuraj and Mr. David took part in this Event. The Programme was realistic, valuable and had some practical sessions as well.

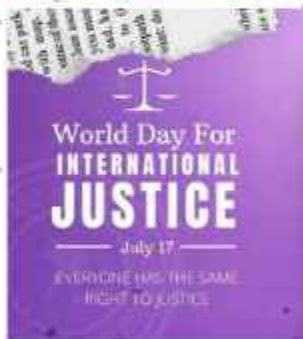
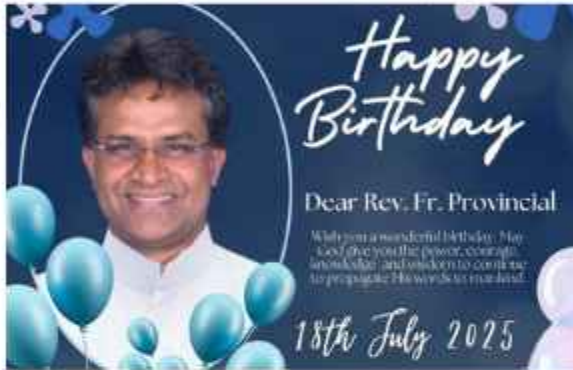




# Our Children are the Rock on which Our Future will be Build, Our Greatest Asset as a Nation.



## Celebrations & Commemorations - 2025



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## Thank You Readers