



Dear readers!

It gives me immense pleasure to meet you through this bi-monthly e-newsletter, being my first foreword for the edition I wish to begin by welcoming you all to have a happy reading.

I wish to pen this article into three sections namely, Importance of Education, Strength of Skill and Unity is Power. July being the first innings of second half year I would like to throw some light on value of education and strength of nurturing skills.

This month marks the birth anniversary of Kamarajar famously known as Gandhi of South India. He stands as the icon of Education System in Tamil Nadu. Mid-day meal was one of his signature schemes that eventually resulted rise in school strength. This happens because he knew the efficacy of education. Though he was not a graduate still he is producing thousands of graduates every year. All these became possible the moment when he realized the value of education. Secondly, drawing inspiration from Dr. Kalam, who stood as best icon of skilled person. He felt the importance of being skilled in any field. Dr. Kalam's success in field of aerospace is seen as the excellent outcome of fine tuning skill sets. Be it any of the kind, be it computing, fine arts, humanities etc. one should always be awoken to update his or her skills.

Education and Skills are two unique components of human lives. They can't be separated or departed. Individual can't afford to compromise between these two elements. For this I see, Kargil War of 1999 as the best example. As we are going to celebrate Kargil Vijay Diwas on 26th July, we must understand the ultimate message behind it. Indian Army won the 2,676 meters of Icey valley brilliantly when the education and skill of brave army men were put together.

I'm sure that this edition will give you lot of insights on our activities in the month of May and June 2022. Our mission focused on creating massive awareness on school going, series of health camps on eye care, awareness and promotion on child rights. Our teams were involved in creation of awareness on ill effects of tobacco and drugs abuse. Sports for Change Intra District Sports Meet happened to be an epoch making event that brought many sports aspirants to limelight.

I thank the former director and Asst. director for their contribution and I hope to carry forward the legacy of DBAI with the present team and with their support who are filled with proper knowledge and skills needed to guide the Young at Risk. Assuring my wishes and prayers in divine mission of St. John Bosco

Yours in Don Bosco

Fr. Andrews Stephenraj

EXECUTIVE DIRECTOR

Bid adieu.....



DBAI family extended its heartfelt gratitude and send off to Fr. Joseph Leo, Fr. James Raj, Fr. Arulanand and Br. Ronald on 22nd May 2022 at Bosco Illam. This sober occasion begun with con-celebrated Thanks Giving Holy Communion mass followed by farewell reception by the children, friends, staff and well-wishers of the present and past.

"LET CHILDREN BE THERE AT THE HEART OF EVERYTHING WE DO"

It's cool for discussion

On 24th May 2022, Renovated Air Conditioned Conference Hall in the Head Office was blessed and rededicated by Rev. Fr. Varghese Rosario (Chancellor - Madras Mylapore Archdiocese) in the presence of other Religious today. Fr. Varghese brought feast message.



God sends a welcome

Don Bosco Anbu Illam family happily extended a warm welcome to Rev. Fr. Andrews Stephenraj, sdb on 24th May 2022. He assumed his office in the presence of Fr. Joseph Leo, Br. Kulandai. Coordinators made a brief presentation about their project as part of the induction.



Rector - Officially

On 18th June 2022, Rev. Fr.K.M. Jose,sdb Provincial Salesian Province of Chennai installed canonically Fr. Andrew Stephen, as the Rector of our Don Bosco Anbu Illam.



Child Help Group Meeting

On 29th June 2022, Tri-monthly Child Help Group Meeting was held at Katpadi Railway Station today. Station Master presided over the discussion in the presence of other NGO representatives. DBAI was also part of the meeting. Childline awareness poster was unveiled during the occasion





Sown at early hours

On 6th May 22 our team conducted awareness program on Child labour, sexual attack and Early marriage at Velammal school, Chennai along with District Child Protection Officer and Child Welfare Committee, around 180 students were participated in these program.



Children Group Awareness

On 4th of May the Childline team conducted children group awareness in Royapuram, Chennai. Regarding cases of child substance abuse. 85 children attended the program



Awareness for Adolescents

9th of May 2022 team conducted awareness program for adolescent group which was organized by Anbu Illam at Royapuram Chennai, around 102 students participated.



Child Help Group Meeting

Our staff members participated in the two days' workshop on Counselling skill organized by Don Bosco Niraivagam between 29th and 30th of June 2022. Workshop highlighted the importance of case study, in depth understanding of problem and problem solving mechanism.

Awareness on Wheels

Community level LEB mobile coach awareness program was organized on 13th May at Kaladipet in support with W14 Police Station. Program dwelt on child sexual abuse and child marriage among sportsperson.



Awareness with partnership

On 4th June 2022 the Childline team organized awareness program in Otteri tuition centre in support with ICPS project on Childline services, Safe touch and Unsafe touch, nearly 121 children participated.



Free Spectacles Distribution

Spectacles were distributed on 3rd of June to Boja Raja Nagar (old Washermenpet), Patinathar Kovil Street and Ottari; around 117 specs were distributed on that day.



Camp for Care

Eye camp held on 10th of June in Patinathar Kovil Street, Annai Sathya Nagar, Korukkupettai; around 236 participated on that day. All these camps were inaugurated by the respective area Members of Corporation



Parents Meeting



Parents Meeting was conducted in Boja Raja Nagar on 18th June. 23 parents participated in the meeting. The purpose of the meeting is to know about the children's education level, nutrition and health condition, improvement of skills, curiosity of the child. This meeting was useful to the parents for identify and know about their children academics and health.

Rally for a Real Cause

Rally was conducted with the help of tuition students on 27th of June in Nochi Nagar to create awareness on the importance of school going. On that day importance of education was explained to children in collaboration with Don Bosco Anbu Illam Outreach Programs and One & All Foundation



World No Tobacco Day

On 31st May 2022, Don Bosco Anbu Illam collaborated with Adyar Cancer Institute and jointly organized World No Tobacco Day- Signal camping at Bharathi Women's Art College & Stanley hospital signals. Around 26 Scouts and Guides participated, and gave around 200 pamphlets were distributed during the campaign.



"LET CHILDREN BE THERE AT THE HEART OF EVERYTHING WE DO"

Meet the Need

Ms. Pooja 17-year-old girl studying HSC in Rafael school unable to continue her studies due to financial crisis in her family, Don Bosco Anbu Illam helped her to get financial aid from Help Trust (Tech Mahindra)



Self Help is the Best Help



Through Don Bosco Anbu Illam two women self-help group were started, namely Ambedkar Kulu & Muthtamil Kulu headed by Tmt.Kanima and Tmt. DhanaLakshmi within the village and availed bank loan for their business.



To look back History

Mrs. Rajeswari. I.P.S., and the Chennai police department, organized an exposure visit, to Chennai Fort, Police Museum, and flower exhibition, where 20 police boys' and girls' club beneficiaries participated in this exposure visit, and around 250 children have benefited through this program.



DIABETES, HYPERTENSION AND YOUR HEALTH



The presence of disease not just affects an individual, but it has an impact on the entire family. We live in a world where our physical activity has come down drastically. Daily food habits have been altered. Everyday life has become stressful for all age groups. These life style changes has contributed to the development of non-Communicable diseases (NCDs)- the most common being Diabetes and Hypertension. With these increasing trends, we need to understand more about how to keep our blood glucose levels and Blood Pressure under control.

Diabetes and Hypertension can be managed effectively through the following ways

1. Medication
2. Routine testing to monitor sugar levels/ Blood Pressure recording
3. Regular check-ups with Physician
4. Diet and Exercise

Special Article

Medicines are essential to control these diseases and prevent complications. Regular sugar tests and BP recording are necessary to monitor the effect of the medicines and altering the dose or drug if needed. Routine checkup with your doctor is important. Maintaining proper nutrition helps us fight diseases by improving the immune system. Engaging in physical activities helps reduce stress and maintain optimum body weight.

When managing Diabetes and Hypertension it is very important to reflect on the lifestyle modification which involve altering our habits related to diet and physical activity, and sustaining the changes made.



We need to look at the following:

- How often do we exercise?
- Are we conscious about the foods we consume daily?
- Are we aware of the food choices available?
- Are we consuming sufficient fruits and vegetables?
- Are we controlling our daily sugar and salt intake?
- Is our sleep sufficient and sound?
- Are we drinking sufficient water?
- Do we know that smoking and alcohol consumption are harmful to health?

These habits need to be tracked on a daily basis until we have adopted the healthier options. It is important that family members support in helping people with Diabetes and Hypertension follow these lifestyle modifications. Accompanying them for walks or engaging in physical activities like playing games together as a family can have huge health benefits for all the family members. Maintaining a healthy lifestyle can help ensure people with Diabetes and Hypertension improve their quality of life.

As responsible citizens let us take a greater responsibility to manage these diseases among our family and friends

You may ask for our online informational booklet "Diabetes, Hypertension and You" on this mail ID - support@reachindia.org.in

Resource Group for Education and Advocacy for Community Health (REACH) is a non-profit organization established in 1999 and working for Tuberculosis, Diabetes and Hypertension

Parents Meeting at Semmencherry

On 19th May 2022, Don Bosco Anbu Illam – HCL Foundation organized a parents' meeting at Semmencherry. It was a general meeting for police boys and girls club children's parents. In that program, Narayanan who belonged to Don Bosco Anbu Illam delivered a speech about the services provided by the Don Bosco Anbu Illam, and Mr. Martin from Aide et action delivered on Women Empowerment. The local inspector addressed the overall gathering. The major benefit of this program is that parents gained knowledge about the police boys and girls club services.



International Day Against Drug Abuse and Illicit Trafficking Rally



On 26th June 2022, Don Bosco Anbu Illam – HCL Foundation's 25 Scouts & Guides participated in the International Day Against Drug Abuse and Illicit Trafficking rally from Adyar Aavin Park to Besant Nagar Beach. They spread awareness among the people through this program.



Intra District Sports Meet - April 2022



On 09th & 10th April 2022, HCL Foundation in collaboration with Don Bosco Anbu Illam Social Service Society jointly organized the Sports for Change District Level Sports meet at Port Trust Ground, Thondayarpet, DB Jain College –Chennai, and ITI, Ambattur. A total of 58 Schools and 33 Police Boys and girls Clubs registered, and around 900 Students have participated from Chennai, Chengalpattu, Kanchipuram & Tiruvallur districts.

SFC Tamil Nadu & Zonal Meet - 2022

Sports for Change an initiative by HCL Foundation organized a consecutive 4th Tamil Nadu State Sports Championship at Rajarathinam Stadium, Chennai on 9th&10th June 2022. The Guest of Honour for the program was S. Rajeswari, I.P.S., Joint Commissioner, GCP, Nodal Officer- Police Boys & Girls Club, Chennai; Patricia Sridhar, Sales Director, HCL Technologies; Pratham Singh, International Basketball Player, Manager, Indian Overseas Bank & A. Robin Charles Raja, AFC Pro License Coach. The state qualifiers happened in various sports like Football (Boys & Girls), Kabaddi (Boys & Girls), Volleyball (Boys & Girls), Rugby (Girls), Basketball (Boys & Girls), Athletics, and Indoor games. Around 800 players participated altogether in the meet.

Followed by conducting Zonal on the 11th of June 2022 at Rajarathinam Stadium, Chennai, where 450 players participated from Tamil Nadu, Andhra Pradesh, Telangana, and Maharashtra for sports like Football, Kabaddi, Volleyball, Rugby & Cricket. The Guest for the day was Mr. Edwin Sydney Vanspaul, ISL Football Player- Chennaiyin FC, Tax Asst. Income Tax Department (Srini); Daniel D I P, Deputy General Manager, HCL Technologies (Mahendar), & Vineeth Revi Mathew, International Basketball Player, Senior Manager, IOB (Prabhakar). The selected players from the Zonal meet would be participating in Nationals at Nagpur.



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Asthma Relief Awareness Programme

Asthma Relief Awareness Programme was conducted in Otteri on 14th May. 35 people were participated in the awareness programme. Resource Person gave brief explain about the causes of asthma and prevention methods. The participants got a brief knowledge about asthma. at end of the session people clarified their doubts with resource programme.



India Phone Mentoring Program

India Phone Mentoring Program was conducted in Annai Sathya Nagar on 20th May. 50 children from participated. This program explained merits and demerits of using mobile phone and how to use the mobile phone in a safe way. Children also asking their queries and resource person clarify their queries. In this program helps the children to be safe online and to avoid unnecessary activities. It was helpful to the children.



Summer Camp

From 30 May till 5th of June Summer camp was conducted in Otteri. 110 children were participated the camp. Various activities and fun games were conducted to the children. Several awareness sessions were given to the children on good touch, bad touch, importance of education, health and hygiene. on the last day of the camp Mr. Daniel, coordinator Childline gave awareness about Childline to the children.



Digital Transformation and Innovation Training

Don Bosco National Forum for the Young at Risk organized an advanced training program on Digital Transformation and Innovation in social media for NGOs at New Delhi between 4th and 7th of May 2022. 11 of Salesian Provinces participated and gained knowledge about social media platforms and its benefits. It was an eye opening session to have proper digitalized documentation. Child People's Protection App (Child PPa) was launched and representatives from Chennai, Bangalore, Hyderabad, Coimbatore and Delhi Provinces received Child People's Protection kit during the training program. A heartfelt thanks to the National office and resource persons for their wonderful initiatives and inputs.



INM - YaR Commission Meeting

Meeting was held on 23rd June 2022 at Don Bosco Animation Center, Ennore. Discussed about the YaR Center's status and upcoming plans for next 6 months. Presented Homelink – Child MISS reports and hub status later released video snippet on Board exams results – 10th & 12th std. Fr. Joe Prabu introduced commission members and welcomed the new members as follows:

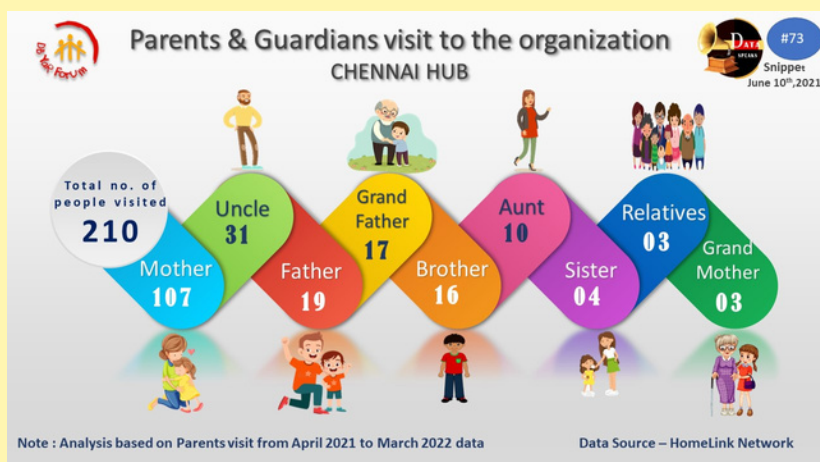
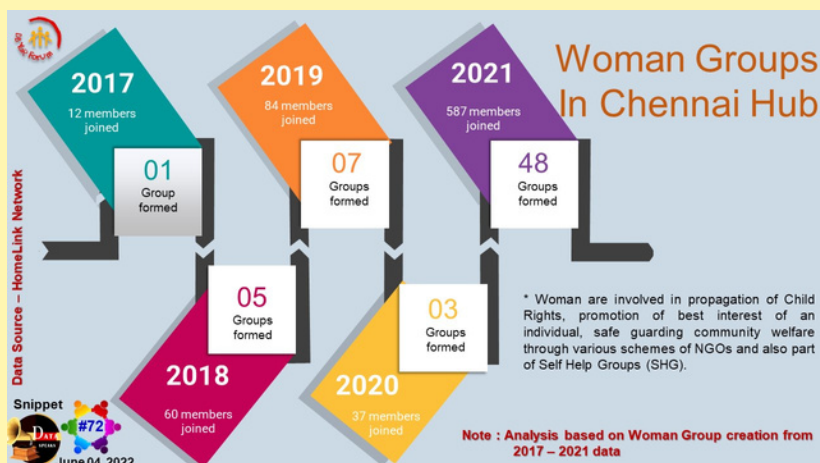
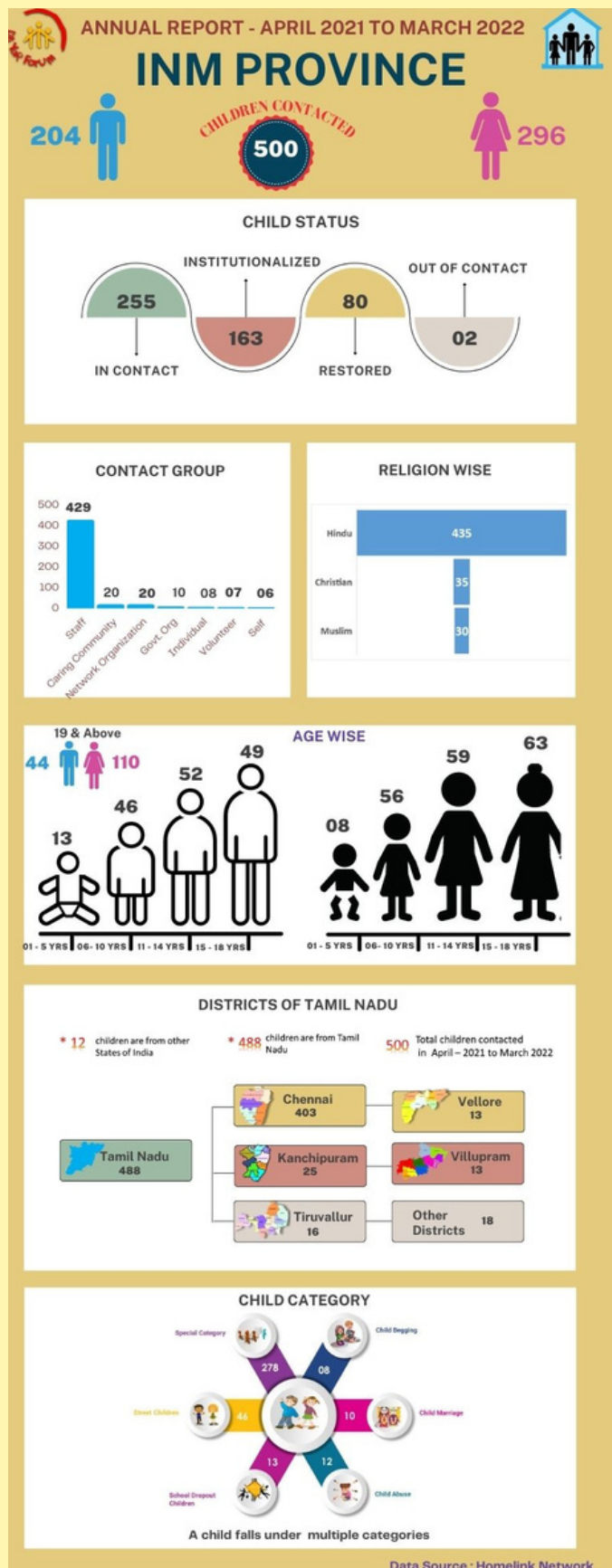
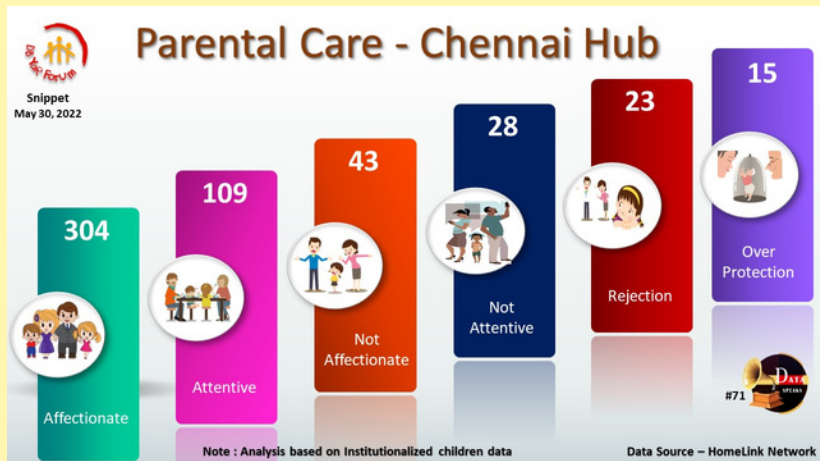
1. Fr. Andrews Stephenraj
2. Fr. Siluvai Muthu
3. Mrs. Jyothi Priya



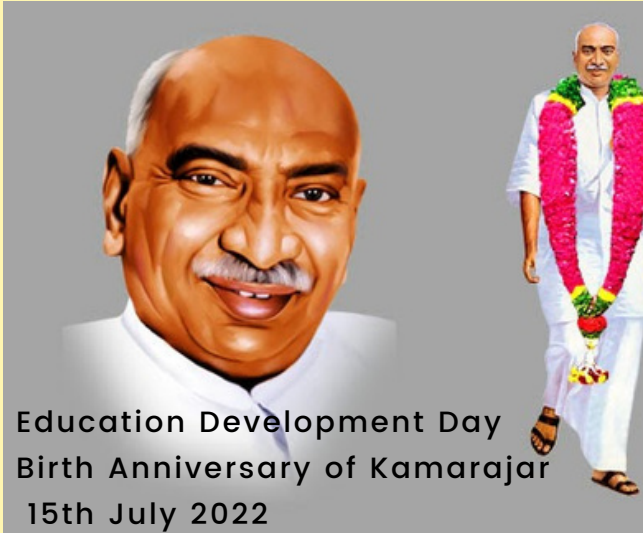
"LET CHILDREN BE THERE AT THE HEART OF EVERYTHING WE DO"

Snippets & Infographics

It's the pictorial tool which help us to give a clear view on data to reflect the issue / status based on the organization to get a solution - orientated output. INM Province has so far released 75 Hub snippets and 42 node level snippets successfully. Here are the few highlighted snippets for your glance.



Upcoming Events



Education Development Day
Birth Anniversary of Kamarajar
15th July 2022



**HAPPY
KARGIL
VIJAY DIWAS
26TH JULY**



Remembering the Missile Man
27th July 2022



Happy 75th Independence Day

Thank You Readers

Editorial Board

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