



# SAHRUDAYA SERVICES AND CHARITIES



SUMMER  
SOUHRUDHAM  
CAMP 2024

## CONTENTS

<b>SL. NO</b>	<b>TABLE OF CONTENTS</b>	<b>PAGE NO</b>
1	Introduction	1
2	Sevagram, Pothy	2
3	Assumption Monastery, Neeleeswaram	8
4	St. Joseph's Monastery, Koonammavu	14
5	Rajagiri CMI Public School, Manappuram	20
6	St. Sebastian's Church, Kottarappally	25
7	Jeevanilayam, Vallakom	29
8	Christ the King Novitiate Monastery, Karukutty	33
9	Rajagiri Seashore CMI School, Vypin	38

## SAHRUDAYA SUMMER SOUHRUDHAM CAMP – 2024

The Summer Souhrudam camp, an annual event organized by Sahrudaya, offers a unique opportunity for children, including both scholarship students and those not under scholarship, to engage in a variety of activities over two to three days. This year, the camp under the theme ‘Environment and Mental Health’ commenced on April 18, 2024, spanning three days at locations in Koonammavu, Pothy, and Neleeswaram. Notably, children from Malayattoor congregated at Neleeswaram during this period.

The coordination of the entire program was undertaken by the CMI brothers, with support from Sahrudaya staff, counsellors, and community animators who served as facilitators. The counsellors conducted awareness sessions on relevant topics, enriching the camp experience.

Subsequently, the second leg of the camp took place on April 24th and 25th at Vallakom, Kottarappally, and Manappuram, followed by the third leg on May 2nd, 3rd, and 4th at Karukutty and Vypin. Children from Thevara centre congregated at Vypin. Each day of the camp commenced promptly at 9 am with registration across all centres, culminating at 4 pm. Throughout the day, children participated in various activities, with breaks for refreshments provided to ensure their well-being and enjoyment.

<b>An overview of summer Souhrudam camp</b>	
Dates of camp	18, 19, 20 & 24, 25 of April and 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> of May 2024
Centres where camp conducted	Poathy, Neeleeswaram - Malayattoor, Koonammavu Vallakom - Assisi, Kottarappally, Manappuram Karukutty, Vypin - Thevara
Total number of boys	248
Total number of girls	237
Total number of children	485
Brief of program schedule of a whole camp	Inauguration, ice breaking session, awareness sessions, games & activities, valedictory function

**SEVAGRAM, POTHY**  
**18th, 19th & 20th April 2024**

Sahrudaya Services and Charities arranged a three-day summer souhrudham camp on April 18, 19, and 20. The Sevagram in Pothy, Kottayam served as the venue. "Environment and Mental Health" was the camp's central focus. This theme includes discussions on mental health, the family environment, the school environment, the digital environment, and the social environment. 22 boys and 11 girls, a total of about 33 pupils from the Neeleswaram and Malayattoor centres, took part in the camp. Students are classified as lower primary, upper primary, and high school (3, 15, and 15, respectively) based on section. Four resources in total: Mrs Roselin Mary Benny, a counsellor from Rajagiri Sahrudaya, and the scholastics from SH province Cochin, Bros. Jinu, Joel and Noble. The camp is run by Ms Annumol Raju, the Rajagiri Sahrudaya Asst. Project Coordinator, and Mrs Anniyamma Vinod, the centre animator. The centre supervisor, Fr. Jaimon Oliyappuram CMI, then kept an eye on the camp.

***DAY-1***



*Inaugural ceremony*

The three-day camp was set to begin on April 24, 2024, at 9:00 a.m., with Mrs Anniyamma Vinod, the centre animator, leading camp participant registration. At 10:00 am, the three-day Summer Souhrudham Camp 2024 officially opens with an official ceremony attended by dignitaries and campers. The ceremony master was Ms Annumol Raju, the Rajagiri Sahrudaya Asst. Project Coordinator, Rajagiri Sahrudaya. The welcome address was delivered by Mrs Anniyamma Vinod. The Inauguration ceremony was presided over and inaugurated by Fr. Jaimon Oliyappuram CMI, Prior of the house. Fr. Varghese Chovelikkakathu CMI, presented in the opening ceremony with a felicitation. Brothers Jinu, Joel, Danil and Noble, Scholastics from SH province were present in the ceremony. Mrs Roselin Mary Benny, counsellor, Rajagiri Sahrudaya, gave a vote of gratitude for the event.



*Session led by Mrs. Roselin Mary Benny*

After the inaugural ceremony, Mrs. Roselin Mary Benny led the camp's first session, which covered the subject of the family environment and mental health. An exercise to campers that to prepare their own family and present it. The campers were split up into two groups to ensure a smooth going of camp activities. They had democratically chosen the group name, group leaders, and group punch and action song for every group. A vibrant action song was performed by the campers and scholars after the group division. Then the camp broke up for tea.

Scholastics from SH province take over camp leadership for the activities following the tea break. GroupWise newspaper fashion show competition was conducted as a task for each group. Following the exercise, the camp broke up for a 45-minute lunch break.



*Newspaper Fashion Show*



*Line Making*



*Tableau*

Scholastics give certain energising activities after the lunch break. The first activity was to make the lines using their belongings such as bags, books etc. The next task is to develop a tableau on GroupWise for the provided instance, which might be anything from a marriage to an accident to a market. The camp director assigns the students a task to gather medicinal plant leaves for tomorrow's activity. At 4:00 pm, the first day of camp concluded with an action song and tea.

## ***DAY-2***

The camp began at 9:00 am on April 25, 2024, the third day, with the activity of arranging the medicinal plant leaves in the chart paper group-wise. A vibrant action song was performed by the campers and scholars at the beginning of the session. The second session of the camp, led by Mrs Roselin Mary Benny, focused on the topic of school and social environment after the action song. The group's presentation of a skit on various school scenarios was the assigned task to each group. Then the camp broke up for tea and preparation time for the skit.



Following the preparation period, each group produced a lovely piece of drama that made the audience consider every circumstance in the school environment depicted in the skit. Also, the presentation of the medicinal plant chart was there in the session before the lunch break. Following the exercise, the camp broke up for a 45-minute lunch break.

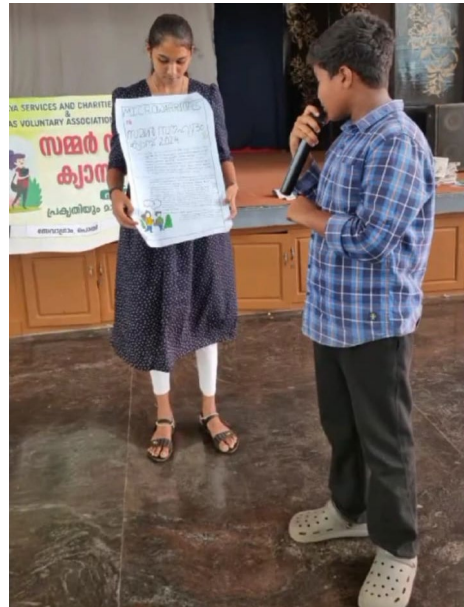


After lunch, the campers and scholars from SH Province put on a lively action song performance. Campers saw a short film that explored the idea of finding satisfaction in the little things. Then given the activity of collecting a single natural item that is considered a waste but can be used in different ways. 2 camper from each group presented their collected item and its use. The camp director assigns the students a task to gather newspaper cuttings that portray the positive and negative impact of the digital environment for tomorrow's task. The camp ended at 4:00 pm.

### ***DAY -3***



The camp began at 9:30 am on April 20, 2024, the third day, with a vibrant action song performance by the campers and scholars from SH Province. Mrs. Roselin Mary Benny led the camp's third session, which covered the subject of the Digital environment. Subsequently, a collage exercise based on newspaper cutting portrays the positive and negative impacts of the digital environment. Then the camp broke up for tea and preparation time.



*Camp Paper Presentation*

After the tea break, the presentation of the chart paper where conducted group wise. Then an activity of preparing the camp paper and its presentation was done group-wise. Following the exercise, the camp broke up for a 45-minute lunch break.



*Paper glass passing*



*Straw and rubber band*



Following the lunch break, campers were energized by the vibrant activities such as; Paper glass passing straw and rubber band etc. led by scholastics from SH province. Rajagiri Sahrudaya coordinating team collected the feedback of three-day camp from the campers after the activities.



*Fr. Shinto Thaliyan CMI Addressing the Campers*

Towards the end, a valedictory function has been performed with the presence of Fr. Shinto Thaliyan CMI, Chairman, Rajagiri Sahrudaya. The significance of this year's camp theme was cited by Father as he spoke to the campers. The father also asks the attendees for their opinions on the camp and outcomes. Prizes were distributed for each group who performed very well during the camp days. Fr. Varghese Chovelikkakathu CMI was present in the valedictory function. By the end of the closing ceremony, the campers demonstrated their talents. The camp ended with the group photo at 4:30 pm.



*Camp portrait*

## **ASSUMPTION MONASTERY, NEELEESWARAM**

**18th, 19th & 20th April 2024**

Sahrudaya Services and Charities arranged a three-day summer souhrudham camp on April 18, 19, and 20. The Assumption Monastery in Neeleesawaram served as the venue. "Environment and Mental Health" was the camp's central focus. This theme includes discussions on mental health, the family environment, the school environment, the digital environment, and the social environment. 28 boys and 34 girls, a total of about 62 pupils from the Neeleeswaram and Malayattoor centres, took part in the camp. Students are classified as lower primary, upper primary, and high school (10, 20, and 32, respectively) based on section. Four resources in total: Mrs Akhila Mohanan, a counsellor from Rajagiri Sahrudaya, and the scholastics from SH province Cochin, Bros. Austin, Ashwin, and Joyal. The camp is run by Mr. Mathews Manuel, the Rajagiri Sahrudaya project officer, and Mrs Reetha Benny, the centre animator. The centre supervisor, Fr. Varghese Plackal CMI, then kept an eye on the camp. The Rajagiri Sahrudaya team administered a Google form survey to students in upper primary, high school, and higher secondary regarding KAP (Knowledge, Attitude, and Practices) related to mental health during the camp days.

### ***DAY -1***

The three-day camp was set to begin on April 18, 2024, at 9:00 a.m., with Mrs Reetha Benny, the centre animator, leading camp participant registration. At 10:00 am, the three-day Summer Souhrudham Camp 2024 officially opens with an official ceremony attended by dignitaries and campers. The ceremony master was Ms. Jesna Benny. The welcome address was delivered by Mr. Mathews Manuel, Project Officer, Rajagiri Sahrudaya. Fr. Isaac Tharayil CMI, the vicar of the Assumption monastic church, presented the opening ceremony with a felicitation. The inaugural talk was delivered by Fr. Varghese Plackal CMI, Prior of Assumption Monastery. Ms Akhila Mohanan, a counsellor at Rajagiri Sahrudaya, gave a vote of gratitude for the event.



*Inauguration Ceremony*

Following the opening ceremony, campers were energized by the icebreaker activities led by scholastics from SH province. The campers were split up into three groups during the icebreaker exercises to ensure a smooth going of camp activities. They were told to give each group a name based on the concepts of nature. The group came up with the names like TREE, FLOWER, and SUN. Additionally, they had democratically chosen the group leaders for every group. After that, the camp broke up for tea.



Following the tea break, Mrs. Akhila Mohanan led the camp's first session, which covered the subject of the family, social environment, and school environment. This session included the activities connected to this subject. The group's presentation of a skit on various family scenarios was the first task. Following the preparation period, each group produced a lovely piece of drama that made the audience consider every circumstance in the families depicted in the skit. Following the exercise, the camp broke up for a 45-minute lunch break.

Scholastics from SH province take over camp leadership for the activities following the lunch break. Based on the names of the groups, they were tasked with conducting an election

campaign for each of the groups. Every group showcased their candidate adorned with their group's emblems and boasted about the advantages of each emblem. For instance, one group used flowers to adorn the candidate and ran their campaign on the virtue of flowers. The next task is to develop a tableau on GroupWise for the provided instance, which might be anything from a marriage to an accident to a market.



*Election Campaign*



*Tableau*

By the end of their first day of camp, the participants demonstrated their talents. By 4:00 p.m., there was a lively dispersal of the camp.

## ***DAY -2***



*Fr. Shinto Thalian CMI Addressing the Campers*

The camp began at 9:30 am on April 19, 2024, the second day, with a vibrant action song performance by the campers and scholars from SH Province. They were enjoyed when

the action song speed escalated. With the presence of Fr. Shinto Thaliyan CMI, Director, Rajagiri Sahrudaya, the second day of the event becomes even livelier. The significance of this year's camp theme was cited by Father as he spoke to the campers. The father also asks the attendees for their opinions on the first day of camp. After that, the camp broke up for tea.



*Session led by Mrs. Akhila Mohanan*



*Watermelon Task*

The second session of the camp, led by Mrs. Akhila Mohanan, focused on the topic of the digital environment and began after the tea break. Subsequently, an exercise on the subject of the positive and negative aspects of the digital environment was assigned to each group. After that SH Scholastics was given the task of creating art pieces from the Watermelon. Following the exercise, the camp broke up for a 45-minute lunch break.

A vibrant action song performance by the campers and scholars from SH Province after the lunch break. They give certain energising activities such as Chair games, Newspaper fashion show etc. By 4:00 p.m., there was a lively dispersal of the camp.



### ***DAY -3***

The camp began at 9:30 am on April 20, 2024, the third day, with a vibrant action song performance by the campers and scholars from SH Province. Then the scholars give a puzzle activity. After that, the camp broke up for tea.



The third session of the camp, led by Mrs. Akhila Mohanan, focused on the topic of Mental health and began after the tea break. Subsequently, an exercise on the subject of different types of psychological issues and the solutions for these issues that they are facing in family, school and social environment. Following the exercise, the camp broke up for a 45-minute lunch break. Because of the last day, biriyani was served as lunch.



***Lunch Fest***

Following the lunch break, campers were energized by the Vibrant activities led by scholastics from SH province. Rajagiri Sahrudaya coordinating team collected the feedback of three day camp from the campers after the activities. Towards the end, prizes were distributed for each group who performed very well during the camp days. The camp ended with the group photo at 4:30 pm.



*Campers, Scholastics from SH Province and Rajagiri Sahrudaya coordinating team*

## ST. JOSEPH MONASTERY, KOONAMMAVU

18th, 19th & 20th April 2024

Sahrudaya Services and Charities arranged a three-day summer souhrudham camp on April 18, 19, and 20. The Chavara Darsan CMI Public School in Koonamavu, Ernakulam served as the venue. "Environment and Mental Health" was the camp's central focus. This theme includes discussions on mental health, the family environment, the school environment, the digital environment, and the social environment. 32 boys and 28 girls, a total of about 60 pupils took part in the camp. Students are classified as lower primary, upper primary, and high school (10, 19 & 31 respectively) based on section. Four resources in total: Mrs Manju P Emmanuel, a counsellor from Rajagiri Sahrudaya, and the scholastics from SH province Cochin, Bros. Alen, Thomas and Ben. The camp was run by Ms Annumol Raju, the Rajagiri Sahrudaya Asst. project coordinator, and Mrs Farisha PS, the centre animator. The centre supervisor, Fr. Martin Mundadan CMI, then kept an eye on the camp.

### *DAY-1*

The three-day camp was set to begin on April 18, 2024, at 9:00 a.m., with Mrs. Farisha P S, the centre animator, leading camp participant registration. At 10:00 am, the three-day Summer Souhrudham Camp 2024 officially opens with an official ceremony attended by dignitaries and campers. The ceremony master was Brother Ben and the counsellor, Rajagiri Sahrudaya. The welcome address was delivered by Mrs. Farisha P S. The Inauguration ceremony was presided over by Fr. Shinto Thalian CMI, Chairman, Rajagiri Sahrudaya and inaugurated by Fr. Martin Mundadan CMI, Principal of Chavara Darsan CMI Public School, Koonammavu. Fr. Mejit Vattolly CMI and Fr. Charles Koroth CMI felicitated in the event CMI scholastics also attended the ceremony. Brother Ben gave a vote of thanks to the function and handed over the session to the scholastics.





Following the opening ceremony, campers were energized by the icebreaker activities led by scholastics from SH province. The campers were split up into three groups during the icebreaker exercises to ensure a smooth going of camp activities. They had democratically chosen the group name and group leaders. After the group formation, the brothers assigned a task for the group members to get to know each other by sharing their family details, strengths, weaknesses, and favorites. Later, children were sent to have refreshments arranged by the school staff.



After the break, Brother Ben gave a brief overview of different environments and elaborated on the family environment. To involve all the children in the camp, he assigned a task for the group members to prepare a skit based on the theme of the family environment, giving them 10 minutes for preparation. The three groups then presented their skits in unique ways, each conveying morals through their performances. Following the exercise, the camp broke up for a 45-minute lunch break.



After lunch, the session began with a vibrant action song performance by the campers and scholars from SH Province. Each group was instructed to perform on stage. The purpose of this activity was to reduce stage fright in the children and to encourage them to perform in front of a small audience. Later, Brother Ben conducted a session on the social environment and explained the major amenities in a society. The first day of camp concluded with each group being assigned a task for the next day which was to bring medicinal plants.



## ***DAY-2***

The camp began at 9:30 am on April 19, 2024, with an activity that energized the children for the entire day. The game, called "Dog and the Bone," involved two children coming forward and trying to take a bottle placed in the centre, representing the bone. After the activity, the children attended a class session led by Dr. Manju P. Emmanuel on the topic "Digital Environment: Its Responsible Use and the Consequences of Overuse." Later, the children enjoyed a refreshment break arranged for them.



Following the break, since the children had not brought the medicinal plants discussed the previous day, the organizers assigned a different task: creating art from watermelon shells without using any instruments. This activity aimed to help the children feel closer to nature and enrich their talents. After this task, the camp took a 45-minute lunch break.



After the lunch break, the children gathered for another task: a basketball game to discover their talents in the sport. Following this activity, a balloon and paper glass game was also conducted. The camp dispersed at 4 pm, and the organizers advised the children to prepare well for the next day, which would be the final day of the camp.



### *DAY -3*

The camp began at 9:30 am on April 20, 2024, by giving a task to create a family tree for each group. In a half an hour preparation, the group members under the guidance of leaders prepared a family tree. Later, Ms. Annumol Raju asked children for feedback on the camp and also asked some children to come forward to give feedback on the camp. The feedback from the children was joyful. Following that, brothers asked the children to gather in groups for an activity passing the rope. Later, children were sent to have refreshments arranged by the school staff.



Following the break, Sahrudaya counsellor Dr. Manju P. Emmanuel conducted a session on mental health and its significance for children. During the session, she emphasized the importance of consuming healthy foods, maintaining good sleep habits, and shared simple strategies for academic achievement. The children attentively engaged in the session. Following the session, the brothers conducted a series of games for the children. After that the camp broke up for a 45-minute lunch break.



## SAHRUDAYA SERVICES AND CHARITIES

After lunch, all the children assembled for cultural performances. Each child took turns presenting their performance. Following this, the valedictory function commenced at 3 PM, presided over by Fr. Martin Mundadan CMI and Fr. Mejit Vattoly CMI. During the function, Fr. Martin Mundadan CMI commended the children for their active participation throughout the three-day camp. The esteemed Fathers unveiled the magazine prepared by the children and distributed prizes to the groups and outstanding campers. Afterwards, the Fathers blessed the snacks brought by the children and distributed them. The event concluded at 4 PM, with the children enjoying some final refreshment time in the swimming pool.



## **RAJAGIRI CMI PUBLIC SCHOOL, MANAPPURAM**

**24th & 25th April 2024**

Sahrudaya Services and Charities arranged a two-day summer souhрудham camp on April 24 and 25. The Rajagiri CMI Public School in Manappuram, Alappuzha served as the venue. "Environment and Mental Health" was the camp's central focus. This theme includes discussions on mental health, the family environment, the school environment, the digital environment, and the social environment. 33 boys and 40 girls, a total of about 73 pupils from the Vallakom and Assisi Bhavan centres, took part in the camp. Students are classified as lower primary, upper primary, and high school (13, 27 and 37, respectively) based on section. Four resources in total: Mrs Akhila Mohanan, a counsellor from Rajagiri Sahrudaya, and the scholastics from SH province Cochin, Bros. Ashik, Noble and Ashwin. The camp is run by Mr Mathews Manuel, the Rajagiri Sahrudaya project officer, and Mrs Neena Jacob, the centre animator. The centre supervisor, Fr James Puthussery CMI, then kept an eye on the camp. The Rajagiri Sahrudaya team administered a Google form survey to students in upper primary, high school, and higher secondary regarding KAP (Knowledge, Attitude, and Practices) related to mental health during the camp days.

### ***DAY -1***

The three-day camp was set to begin on April 24, 2024, at 9:00 a.m., with Mrs Neena Jacob, the centre animator, leading camp participant registration. At 10:00 am, the three-day Summer Souhрудham Camp 2024 officially opens with an official ceremony attended by dignitaries and campers. The ceremony master was Ms. Teresa Sabu, a student representative. The welcome address was delivered by Mr. Mathews Manuel, Project Officer, Rajagiri Sahrudaya. The Inauguration ceremony was presided over by Fr. James Puthussery CMI, Prior of the house. Fr. Vipin Kurisuthara CMI, presented in the opening ceremony with a felicitation. The inaugural talk was delivered by Fr. Zacharias Payikat CMI. Ms Neena Jacob, centre animator gave a vote of gratitude for the event.



Following the opening ceremony, campers were energized by the icebreaker activities led by scholastics from SH province. The campers were split up into four groups during the icebreaker exercises to ensure a smooth going of camp activities. They had democratically chosen the group name and group leaders for every group. A vibrant action song was performed by the campers and scholars from SH Province after the group division. After that, the camp broke up for tea.



Following the tea break, Mrs Akhila Mohanan led the camp's first session, which covered the subject of the family, social environment, school environment and digital environment. Subsequently, an exercise on the subject of different types of psychological issues and the solutions for these issues that they are facing in the school environment. After that, an extempore task on the subject of the positive and negative aspects of the digital environment was assigned to each group. Following the exercise, the camp broke up for a 45-minute lunch break.



Following lunch, the campers and scholars from SH Province put on a lively action song performance. They provide some stimulating games, like a chair and paper glass games, etc. Following the game, campers saw a short film that explored the idea of finding satisfaction in the little things. With the presence of Fr. Shinto Thaliyan CMI, Director, Rajagiri Sahrudaya, the camp becomes even livelier. The significance of this year's camp theme was cited by Father as he spoke to the campers. The father also asks the attendees for their opinions of the camp. The camp director assigns the students a task to gather medicinal plant leaves for tomorrow's activity. At 4:00 pm, the first day of camp concluded with the group portrait.



*Paper Glass Game*



*Short film*



*Camp Portrait*



**DAY - 2**



The camp began at 9:00 am on April 25, 2024, the third day, with the activity of arranging the medicinal plant leaves in the chart paper group-wise. Scholars from SH Province provide some stimulating games, like ball passing and straw and bangle relay. After that, the camp broke up for tea.



The second session of the camp, led by Mrs. Akhila Mohanan, focused on the topic of Mental health and began after the tea break. The group's presentation of a skit on various family scenarios was the first task. Following the preparation period, each group produced a lovely piece of drama that made the audience consider every circumstance in the families depicted in the skit. Following the exercise, the camp broke up for a 45-minute lunch break. Because of the last day, biriyani was served as lunch.



After the lunch break, the task is to develop a tableau on GroupWise for the provided instance, which might be anything from a marriage to an accident to a market. The next task is balloon relay group wise. Rajagiri Sahrudaya coordinating team collected the feedback of the two-day camp from the campers after the activities. Towards the end, prizes were distributed by Fr. James Puthussery CMI for each group and the Best campers, Elvin MJ, Antony Tomy and Anna Micheal who performed very well during the camp days. The camp ended with the group photo at 4:45 pm.



*Prize Distribution*

## ST. SEBASTIAN'S MONASTERY CHURCH, KOTTARAPALLY

24th & 25th April 2024

Sahrudaya Services and Charities arranged a two-day summer souhrudham camp on April 24 and 25. The St. Sebastian's Monastery Church in Kottarapally, Kottayam served as the venue. "Environment and Mental Health" was the camp's central focus. This theme includes discussions on mental health, the family environment, the school environment, the digital environment, and the social environment. 40 boys and 31 girls, a total of about 71 pupils from the Vallakom and Assisi Bhavan centres, took part in the camp. Students are classified as lower primary, upper primary, and high school (24, 22 and 25, respectively) based on section. Four resources in total: Dr. Manju P Emmanuel, a counsellor from Rajagiri Sahrudaya, and the scholastics from SH province Cochin, Bros. Carol, Joyal and Thomas. The camp is run by Ms Annumol Raju, the Rajagiri Sahrudaya asst. project coordinator, and Mrs Sincy Jomon, the centre animator. The centre supervisor, Fr. Sibin Periyappadan CMI, then kept an eye on the camp.

### DAY-1



The three-day camp was set to begin on April 24, 2024, at 9:00 a.m., with Mrs Sincy Jomon, centre animator leading camp participant registration. At 10:00 am, the three-day Summer Souhrudham Camp 2024 officially opens with an official ceremony attended by dignitaries and campers. The welcome address was delivered by Mrs, Sincy Jomon. The

Inauguration ceremony was presided over and inaugurated by Fr. Sibin Periyappadan CMI, Prior to the house. Fr. Sijo Menachery CMI, Principal, RACPS presented in the opening ceremony. Ms Annumol Raju, Asst. project coordinator, Rajagiri Sahrudaya gave a vote of gratitude for the event.

Following the opening ceremony, campers were energized by the icebreaker activities led by scholastics from SH province. The campers were split up into four groups during the icebreaker exercises to ensure a smooth going of camp activities. They had democratically chosen the group name, group leaders. Then, they gave chart paper to cut in leaf shape and ever member to sign in the chart. The chart should be published in camp board which inaugurated with the sign of Fr. Shinto Thalian CMI. Then the camp broke up for tea.



*Dr. Manju P Emmanuel leading the class*



*Newspaper Fashion show*

Following the tea break, Fr. Vincent Panickaparambil CMI presented with a Magic show. Dr Manju P Emanuel, counsellor, Rajagiri Sahrudaya, led the camp's first session, which covered the subject of the family, social environment, school environment and mental health. After that newspaper fashion show was done in group wise. Following the exercise, the camp broke up for a 45-minute lunch break.



Scholastics from SH province take over camp leadership for the activities following the lunch break. The next task is to develop a tableau on GroupWise for the provided instance, which might be anything from a marriage to an accident to a market. Today had done the selfie competition on the theme mental health and nature. At 4:00 pm, the first day of camp concluded with a tea.

## ***DAY - 2***

The camp began at 9:30 am on April 25, 2024, the second day started with a vibrant action song performance by the campers and scholars from SH Province. After that, Dr. Manju P Emmanuel led the camp's second session, which digital environment. Then the camp broke up for tea.



Following tea, the scholars from SH Province led the game called mega relay which included balloon passing, paper glass passing and rubber band passing. Following the exercise, the camp broke up for a 45-minute lunch break.

Following the lunch, the Rajagiri Sahrudaya coordinating team collected feedback on the two-day camp from the campers after the activities. Towards the end, prizes were distributed for each group and the Best campers, who performed very well during the camp days. The camp ended with the group photo at 3:00 pm.



*Camp Portrait*

## JEEVANILAYAM, VALLAKOM

24th & 25th April 2024

Sahrudaya Services and Charities arranged a two-day summer Souhrudam camp on April 24 and 25. The Jeevanilayam in Vallakom, Kottayam served as the venue. "Environment and Mental Health" was the camp's central focus. This theme includes discussions on mental health, the family environment, the school environment, the digital environment, and the social environment. 17 boys and 19 girls, a total of about 36 pupils from the Vallakom and Assisi Bhavan centres, took part in the camp. Students are classified as lower primary, upper primary, and high school (7, 12 and 17, respectively) based on section. Four resources in total: Mrs Roselin Mary Benny, a counsellor from Rajagiri Sahrudaya, and the scholastics from SH province Cochin, Bros. Jeril, John and Amal. The camp is run by Ms Annumol Raju, the Rajagiri Sahrudaya asst. project co-ordinator, and Mrs Anniyamma Vinod, the centre animator. The centre supervisor, Mr Jacob Poothavelly, then kept an eye on the camp.

### DAY -1



The three-day camp was set to begin on April 24, 2024, at 9:00 a.m., with Mrs. Anniyamma Vinod, the centre animator, leading camp participant registration. At 10:00 am, the three-day Summer Souhrudham Camp 2024 officially opens with an official ceremony

attended by dignitaries and campers. The ceremony master was Mrs. Roselin Mary Benny, the counsellor, Rajagiri Sahrudaya. The welcome address was delivered by Mrs. Anniyamma Vinod. The Inauguration ceremony was presided over and inaugurated by Mr. Joseph, Counsellor, social welfare board and in charge of Jeevanilayam. SH Province scholastics Bro. Jeril, John and Amal were present in the opening ceremony. Mrs Roselin gave a vote of gratitude for the event and handed over the session to the Scholastics lead Brother Jeril.



Following the opening ceremony, campers were energized by the icebreaker activities led by scholastics from SH province. The campers were split up into four groups during the icebreaker exercises to ensure a smooth going of camp activities. They had democratically chosen the group name, group leaders, and group punch and action song for every group. A vibrant action song was performed by the campers and scholars from SH Province after the group division. After that, an activity of preparing the leaf design using the group colour paper and natural leaf in a chart paper. Then the camp broke up for tea.





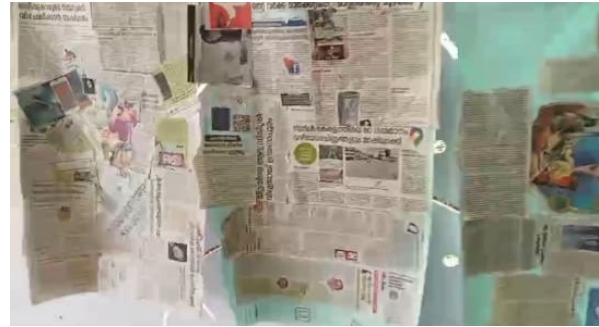
Following the tea break, with the presence of Fr. Shinto Thaliyan CMI, Director, Rajagiri Sahrudaya, the camp becomes even livelier. The significance of this year's camp theme was cited by Father as he spoke to the campers. The father also asks the attendees for their opinions of the camp. Mrs Roselin Mary Benny led the camp's first session, which covered the subject of the family, social environment, school environment and mental health. Following the exercise, the camp broke up for a 45-minute lunch break.



Scholastics from SH province take over camp leadership for the activities following the lunch break. GroupWise the punch dialogue and action songs were prepared by each group and presented on the stage. The next task is to develop a tableau on GroupWise for the provided instance, which might be anything from a marriage to an accident to a market. Also, a vibrant game of chair game was played in the afternoon session. The camp director assigns the students a task to gather medicinal plant leaves; newspaper cuttings that portray the positive and negative impact of the digital environment and family tree of each camper. At 4:30 pm, the first day of camp concluded with a tea.

## ***DAY - 2***

The camp began at 9:00 am on April 25, 2024, the second day started with a vibrant action song performance by the campers and scholars from SH Province. Campers had submitted the family tree of their family at the beginning of the camp. After that, Mrs Roselin Mary Benny led the camp's second session, which digital environment. Subsequently, a collage exercise based on newspaper cutting portrays the positive and negative impacts of the digital environment. Then the camp broke up for tea.



After the tea break, based on the names of the groups, they were tasked with conducting an election campaign for each of the groups. Every group showcased their candidate adorned with their group's emblems and boasted about the advantages of each emblem. Also after the election campaign they instructed them to present the winning celebration after he got votes in the election. Following the exercise, the camp broke up for a 45-minute lunch break.

Following lunch, the scholars from SH Province led the game called mega relay which included balloon passing, paper glass passing and rubber band passing. Rajagiri Sahrudaya coordinating team collected the feedback of the two-day camp from the campers after the activities. Towards the end, prizes were distributed for each group and the Best campers, who performed very well during the camp days. The camp ended with the group photo at 4:45 pm.



## CHRIST KING NOVITIATE MONASTERY, KARUKUTTY

**2nd & 3rd May 2024**

Sahrudaya Services and Charities arranged a two-day summer Souhrudam camp on May 2 and 3. The Christ King Novitiate Monastery in Karukutty, Ernakulam served as the venue. "Environment and Mental Health" was the camp's central focus. This theme includes discussions on mental health, the family environment, the school environment, the digital environment, and the social environment. 18 boys and 21 girls, a total of about 39 pupils from the Karukutty centre, took part in the camp. Students are classified as lower primary, upper primary, and high school 2, 15, and 22 respectively) based on the section. 5 resources in total: Mrs Akhila Mohanan, counsellors from Rajagiri Sahrudaya, Ms Annumol Raju, Asst. Project Coordinator, Rajagiri Sahrudaya and the scholastics from SH province Cochin, Bros. Alex, Bros. Ashwin and Bros. Noble. The camp is run by the Mr Mathews Manuel, Project Officer, Rajagiri Sahrudaya. The centre supervisor, Fr. Jaison Chirepadickal CMI, then kept an eye on the camp.

### ***DAY -1***

The three-day camp was set to begin on May 2, 2024, at 9:00 a.m., with Mr Mathews Manuel, Project Officer, Rajagiri Sahrudaya, leading camp participant registration. At 10:00 am, the three-day Summer Souhrudham Camp 2024 officially opens with an official ceremony attended by dignitaries and campers. The ceremony master was Bro. Noble, SH Province Scholastics. The welcome address was delivered by Mr. Mathews Manuel, Project Officer, Rajagiri Sahrudaya. The Inauguration ceremony was presided over and inaugurated by Fr. Jaison Chirepadickal CMI, Prior of the house. Fr. Antu Kaiparambadan CMI, presented in the opening ceremony. Ms Annumol Raju, Asst. project coordinator, Rajagiri Sahrudaya gave a vote of gratitude for the event.



Following the opening ceremony, campers were energized by the icebreaker activities led by scholastics from SH province. The campers were split up into three groups during the icebreaker exercises to ensure a smooth going of camp activities. They had democratically chosen the group name and group leaders for every group. Ms Annumol Raju led the camp's first session, which covered the subject of digital environment. The group's presentation of a skit on the positive and negative sides of the digital environment was the first task. After that, the camp broke up for tea.



After the tea break, the campers and scholars from SH Province put on a lively action song performance. With the presence of Fr. Shinto Thaliyan CMI, Director, Rajagiri Sahrudaya, the camp becomes even livelier. The significance of this year's camp theme was cited by Father as he spoke to the campers. The father also asks the attendees for their opinions of the camp. Then, each group produced a lovely piece of drama on the positive and negative sides of the digital environment making the audience consider every circumstance depicted in the skit. Following the exercise, the camp broke up for a 45-minute lunch break.



After the lunch break, scholastics provide some stimulating games, like a straw game and paper glass pyramid game etc. The camp director assigns the students a task to gather medicinal plant leaves for tomorrow's activity. The first day of camp ended at 03:30 pm.

## ***DAY -2***



The camp began at 9:30 am on May 3, 2024, the third day, with the birthday celebration of Brother Ashwin. The activity of arranging the medicinal plant leaves in the chart paper group-wise took place after the celebration. Scholars from SH Province provide some stimulating ball-passing games. After that, the camp broke up for tea.



### ***Ball Passing Game***

### ***Session led by Mrs. Akhila Mohanan***

Following the tea break, the second session of the camp was led by Mrs Akhila Mohanan, a counsellor with Rajagiri Sahrudaya. The topics discussed included the family, social environment, school environment, and mental health. An activity on the various psychological problems faced them in their social, familial, and educational contexts, along

## SAHRUDAYA SERVICES AND CHARITIES

with the remedies to these problems. Following that, groups participate in a songwriting competition with a school theme. Following the exercise, the camp broke up for a 45-minute lunch break.



After the lunch break, scholastics provide some stimulating games, like tableau and chair games etc. Rajagiri Sahrudaya coordinating team collected the feedback of the two-day camp from the campers after the activities. Towards the end, prizes were distributed by Fr. Jaison Chirepadicakal CMI for each group and the best campers who performed very well during the camp days. The camp ended with the group photo and ice cream distribution at 4:00 pm.





## RAJAGIRI SEASHORE CMI SCHOOL, VYPIN

2nd, 3rd & 4th May 2024

Sahrudaya Services and Charities arranged a three-day summer Souhrudam camp on May 2, 3 and 4. The Rajagiri Seashore CMI School in Vypin, Ernakulam served as the venue. "Environment and Mental Health" was the camp's central focus. This theme includes discussions on mental health, the family environment, the school environment, the digital environment, and the social environment. 45 boys and 53 girls, a total of about 98 pupils from the Vypin and Thevara centres, took part in the camp. Students are classified as lower primary, upper primary, and high school (29, 27, 42 respectively) based on section. 6 resources in total: Dr. Manju P Emmanuel and Mrs Roselin Mary Benny, counsellors from Rajagiri Sahrudaya, Mr Babu John Anti-drug wing Centre Police Station, Ernakulam and the scholastics from SH province Cochin, Bros. Sebin, Alen and John. The camp is run by Ms Annumol Raju, the Rajagiri Sahrudaya asst. project co-ordinator, and Mrs Farisha PS, the centre animator. The centre supervisor, Fr. James Aeranat CMI, then kept an eye on the camp.

### *DAY-1*

The three-day camp was set to begin on May 2, 2024, at 9:00 a.m., with Mrs. Farisha P S, the centre animator, leading camp participant registration. At 10:00 am, the three-day Summer Souhrudham Camp 2024 officially opens with an official ceremony attended by dignitaries and campers. The ceremony master was Brother Sebin, the counsellor, Rajagiri Sahrudaya. The welcome address was delivered by Mrs. Farisha P S. The Inauguration ceremony was presided over by Fr. Shinto Thalian CMI, Chairman, Rajagiri Sahrudaya and inaugurated by Fr. Varghese Manickanampambil CMI. Fr. James Aeranat CMI, Assistant Director of Rajagiri Seashore CMI School, Vypin, and Dr Manju P Emmanuel, counsellor, Rajagiri Sahrudaya, presented the Inaugural ceremony with a felicitation SH Province





scholastics Bro. Jeril, John and Amal were present in the opening ceremony. Brother Sebin gave a vote of gratitude for the event and handed over the session to the Scholastics.

Following the opening ceremony, campers were energized by the icebreaker activities led by scholastics from SH province. The campers were split up into four groups during the icebreaker exercises to ensure a smooth going of camp activities. They had democratically chosen the group name and group leaders. The group's presentation of a skit on various family scenarios was the first task. Then, they break for tea and preparation time.

Following the preparation period, each group produced a lovely piece of drama that made the audience consider every circumstance in the families depicted in the skit. Following the exercise, the camp broke up for a 45-minute lunch break.



*Brother Sebin Leading  
the class*

After lunch, the session starts with a vibrant action song performance by the campers and scholars from SH Province. They were enjoyed when the action song speed escalated. After that, Brother Sebin led the class on the topic of family environment. The camp director assigns the students a task to gather medicinal plant leaves for tomorrow's activity. By 4:00 p.m., there was a lively dispersal of the camp.

## *DAY -2*



The camp began at 10:00 am on May 3, 2024, the second day, with a vibrant action song performance by the campers and scholars from SH Province. Mr Babu John Anti-drug Wing Centre Police Station, Ernakulam led the class on Social Environment. After that, the camp broke up for tea.



Following the tea, campers were energized by the icebreaker activities led by scholastics from SH province. The campers from LP section were separated and entertained by Brother John. After that, Mrs Manju P. Emmanuel led the camp's session, which was on the

topic of Mental Health. Following the exercise, the camp broke up for a 45-minute lunch break.



After lunch, the session starts with a vibrant action song performance by the campers and scholars from SH Province. The activity of arranging the medicinal plant leaves in the chart paper group-wise was done after the action song. Fr. James Aeranat CMI gave the concluding speech by collecting the feedback at the end of the second day. By 4:00 p.m., there was a lively dispersal of the camp.

### ***DAY -3***



***Planting a Sapling***

The camp began at 9:30 am on May 4, 2024, the third day, with a vibrant action song performance by the campers and scholars from SH Province. After that, Brother Alen had taken

an session on Nature. The campers turned into groups and each group had planted a sapling on the school premises in the presence of Fr. James Aernat. After that Mrs. Roselin Mary Benny led the camp's third session, which covered the subject of the Digital environment. Then the camp broke up for tea.



*Class led by Mrs Roselin Mary Benny*

After the tea, a collage exercise based on newspaper cutting portrays the positive and negative impacts of the digital environment. Also, an activity of preparing the family chart of all the group members in one chart was done in group-wise. Following the exercise, campers were energized by the Vibrant activities led by scholastics from SH province. Following the exercise, the camp broke up for a 45-minute lunch break.



Rajagiri Sahrudaya coordinating team collected the feedback of the three-day camp from the campers after the activities. Towards the end, a valedictory function was performed with the presence of Fr. Varghese Manickanamparambil CMI, Fr. James Aernat CMI, Brother Sebin, Counsellors from Rajagiri Sahrudaya Mrs. Roselin Mary Benny and Dr. Manju P Emmanuel. Prizes were distributed for each group and the best campers who performed very well during the camp days by the end of the closing ceremony, the campers demonstrated their talents. The camp ended with the group photo at 4:30 pm.



*Camp Portrait*