



Fostering the Future

TRANSFORM



Campion Interact Club Newsletter

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Director's Message

Second Volume of *Transform* has come through for our reading.

Imagining and re-imagining is a quality, unique with *Homo*

Sapiens as far as human intelligence has perceived. The prefix we add to a number of morphemes or words marks the significance of rational psychology.

The word with re-search, search again; re-new, make again new, and so on... show the ability of human intelligence to look back and look forward to be different, to build from the past, and to correct errors and to make life more and more worth living.

The *Transform* editions have brought before us the Campion Interactors' different achievements in the community in which they live, with reflection, re-imagining and re-imagining. The process of 'transformation' they go through knowingly and unknowingly is the focus they have kept always, before Covid (BC) and post Covid (PC) enigma.

The pages will empower the viewer to value this transformation.

Congratulations to the editors for combining the various activities and projects through the pages of the newsletter. The Interactor and Rotaractor later, **Jyothika Mary Cyriac** brings before us how the organization of Rotary has shaped the destiny of so many students who have gone through the portals of this institution.

Congratulation and best wishes for the makers of *Transform*.

Rtn. Dr. K. V. Thomas
Founder and Director, Campion Institutions

Gestus Cura



Gift of Sight to Mrs. Pauly Nedumpambal, who gets her first Cataract surgery, done by Dr. Jacob Mathew at Dr. Jacob's Eye Care Hospital, Kaloor, Cochin.

'I Share-Donate One Rupee a Day' campaign and various other fund-raising projects throughout the years contributed to this wonderful gesture of the students and teachers of Campion school.



To be the highlight of someone's day is truly an achievement. Even more so when you are the reason someone smiles when they are feeling down. It has been more than three decades since Campion School came into existence and even today the school retains its respect as an

educational institution that upholds the values of charity and good will. Campion Interact Club spreads good vibes and compassion among the students of Campion School. The students of Campion Interact Club successfully managed to bring around many happy smiles despite the pandemic under the guidance of

Rtn. PPMD Dr. K. V. Thomas (Founder & Director), Rtn. PPMD, Dr. Leelamma Thomas (Dean and Senior Principal). The Campion Interactors would like to express their gratitude to Rotary International and our supportive club Rotary Club of Cochin Lords for their guidance and assistance.

MILESTONES ACHIEVED

“I to Eye” An Awareness for Sight

6th, November 2021

“There is no better way to thank God for your sight than by giving a helping hand to someone in the dark”. In accordance with World Interact Week, Campion Interact Club, in association with the Rotary Club of Cochin Lords, conducted an informative and intriguing webinar to enlighten the students about Eye Donation. The project “I to Eye” intended to educate students on the importance of gifting a sight by spreading awareness on eye donation and join hands together to mobilize aid to bring the light back in many lives. Dr Hilda Nixon, Medical Director, Little Flower Hospital, Angamaly elucidated the positive impact that eye donation could have on the blind. She emphasized the working of an Eye Bank with the help of illustrative videos and presentations. She skillfully explained the simple process of eye donation and highlighted that anyone aged from two years to seventy-five years can donate their eyes. The session proved beneficial and truly encouraging for the students on the stroke on eye donation.



Leaders of Tomorrow

27th, November 2021

Leadership is the capacity to translate vision into reality. Installation ceremony of new Office-Bearers of the Campion Interact Club was held in the presence of several eminent Rotarians; PDG Rtn. Babu Joseph, Chief Guest, Rtn. PP Dr. K. V. Thomas, Director of Campion School, Rtn. Adv. Vipin P. Varghese, President of Rotary Club of Cochin

Lords, Rtn. Dr. Leelamma Thomas, Dean and Senior Principal of Campion School, Rtn. Jojo Geevarghese, and Mrs. Annie Rita Joseph, Principal of Campion School.

‘Milliarium’- Milestones; a video presentation prepared by the Campion Interact Club-highlighting the 24 years of accomplishments. The newly installed President of

Campion Interact Club, Master Madhav R. Shankar proudly presented the Acceptance Speech and also the Plan of Action for the year 2021-22. Kumari Jessica Elizabeth outgoing secretary presented the report of activities 2020-2021. The new team of Interactors took their first step of miles long journey towards social service.



Inspire Kindness

5th, December 2021

“Kindness is giving hope to those who think they are all alone in this world.”

Interactors cherished their moments with the children of **Valsalyam Bhavanam, Thammanam, Cochin** on virtual platform in accordance with

‘World Kindness Day.’ The virtual audience participated enthusiastically by introducing themselves, singing and also playing the games, much to the joy of the volunteers. The event concluded with a surprise cake cutting ceremony and the children thanked the volunteers

of Campion Interact Club for their care and partaking.

The true spirit of the theme of **World Kindness Day 2021 - “The World We Make Inspires Kindness”** was emphasized by the Interactors through their inspiring and passionate interaction with the inhabitants.



All Human, All Equal “Make Your Mark” -A Handprint Campaign

10th, December 2021

‘The journey of a thousand miles begins with a single step’. The principles of equality and non-discrimination are at the heart of human rights. The celebration of **World Human Rights Day 2021** was conducted to address a solution for deep-rooted forms of discrimination that have affected the most vulnerable sections of society.

Dr. Leelamma Thomas, Dean and Senior Principal, inaugurated Campion Interact Club’s new venture, **“Make your Mark”, a Handprint Campaign** which aimed at educating the students about the rights that we

inherit as a human being and stressed on the concept of **‘Learn, Embrace and Uphold Human Rights’**. Office-Bearers and volunteers of Campion Interact Club glued a signed handprint cut-out as a symbol of respect for the fundamental rights of every individual.

Interactors through their active participation showcased that the human rights binds us as a global community with the vision of equal worth for all human beings. The students pledge to stand up for it and celebrate the freedom that comes with it to the fullest and treat everyone with dignity and respect.



'Adopt a Grand-friend'- A gift of love and care

23rd, December 2021

No sanction can stand against ignited minds. Christmas is the season of kindling the fire of hospitality in the hall, the genial flame of charity in the heart. Champion Interact Club introduced a new project: 'Adopt a Grand-friend' - A gift of love and care' in association with Abhaya Old Age Home, Kalamassery, Cochin. The project aims at the realization that the best classroom is at the foot of an elderly person. Interactors and students of Champion school exhibited their social responsibility towards senior citizens by handing over food grains, health-care

products and handmade greeting cards.

Dr. K V Thomas, Director of Champion School handed over the food grains collected by Champion Interact Club to the representatives of Abhaya Old Age Home, Kalamassery, Cochin.

Mr. K. C. Thomas (Managing Trustee, Abhaya Old Age Home, Kalamassery) thanked the affectionate gesture of Champion Interact Club. Mr. Babu George addressed the students and explained the alarming rate of increasing members in all senior citizens' shelters across the country.



He noted that there is an increasing decline in the caring and respect towards senior citizens and how he hopes to see a change come about in the coming generations. The program gained a value of love, respect and care for the elderly in their family and community among the young volunteers.



SKILL TRAINING 2022 - Book Binding Workshop

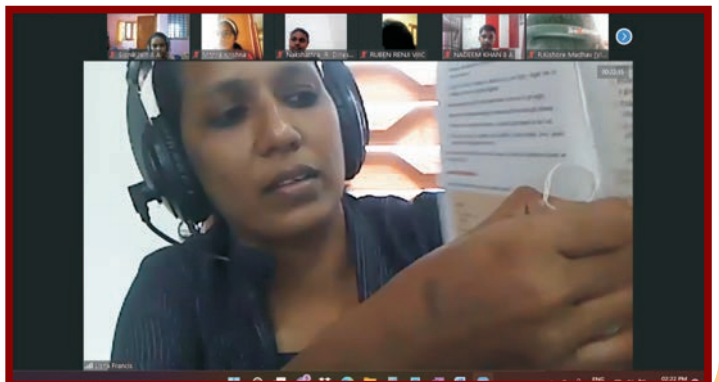
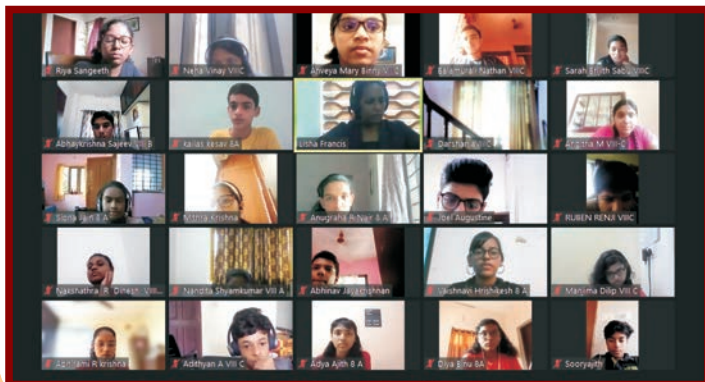
8th, February 2022

Skill is the unified force of experience, intellect and passion in their operation. Future belongs to those who learn more skills and combine them in creative ways. It is a sign of expanding perspective and versatility. Champion Interact Club has always seen skill training

programs as the pathway to brilliance.

Champion Interact Club organized an online training session on 'Book Binding' as a part of SKILL TRAINING'22 to encourage all the students to maintain study materials in an orderly manner.

Resource person Mrs. Lisha Francis tutored the participants on the process of book binding and shared tips to obtain neat binding. The project embodied the vision of Champion Interact Club to promote extra-curricular and artistic skills.

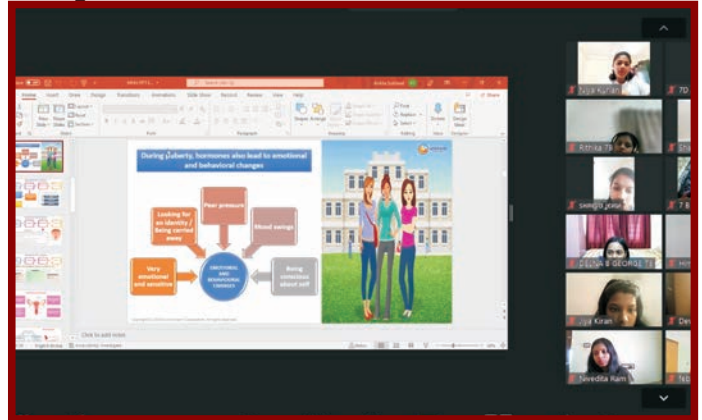
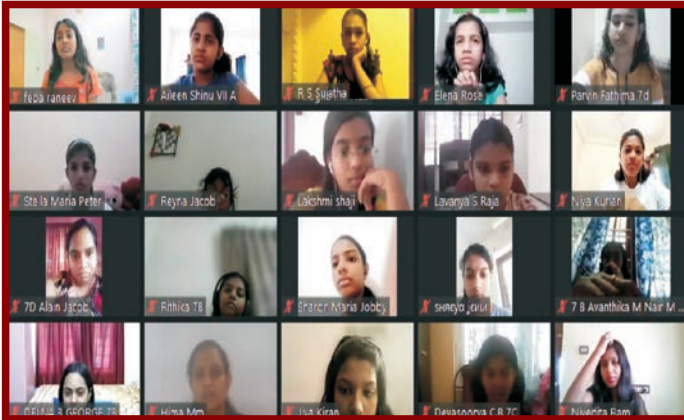


Seminar on 'Menstrual Health and Personal Health' 10th, February 2022

Campion Interact Club has always taken special initiative to educate our volunteers with compassion and empathy through different circumstances, enabling them to be knowledgeable and helpful Samaritans. All female deserves menstrual wellbeing that includes knowledge and reassurance about her body from the earliest possible age. Campion Interact Club in association with CSR, Global Hunt Foundation, Unicharm organized online seminars on the topic 'Menstrual Health and Personal Hygiene,' for the students of class VI & VII.

The interactive sessions with Ms. Ankita Sukhwal, CSR Executive, Unicharm India and Ms. Nitya Chaudhury CSR Executive, Unicharm India illuminated the doubts biological and psychological processes of changes happening, misconceptions related to the topic.

The session entailed a comprehensive understanding on the what, why, and how of menstruation and its meaning. It helped our students to develop a biological understanding, talk on related social taboos and educate them on hygiene practices to be maintained during menstruation.



'MAKE YOUR MARK' Seminar on Sustainable Energy Day

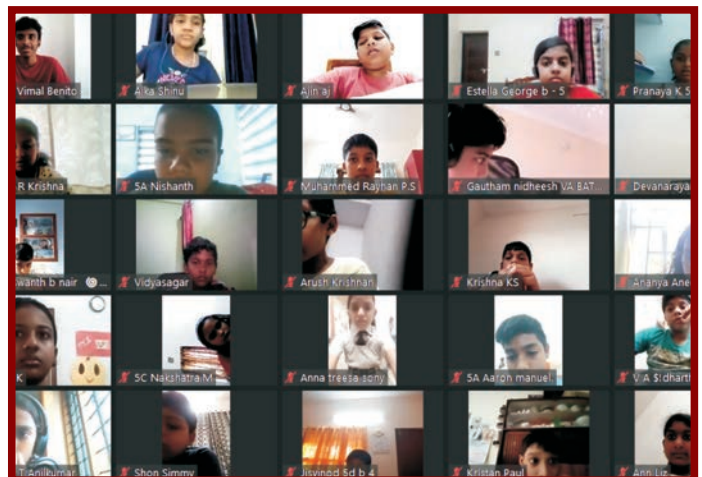
15th, February 2022

A transition to clean energy is about making an investment to our future. Hence, Campion Interact Club organized an online seminar as part of 'Make Your Mark Campaign' in connection with 'World Sustainable Energy Day' on the topic 'Energy Efficiency and Renewable Sources Of Energy' to elucidate the students that Sustainable energy is derived from resources that can maintain current operations without jeopardizing the energy needs or climate of future generations.

Interactors enlightened the juniors about significance of Sustainable Energy and educated them about the



meanings and misconceptions. The program concluded with the students taking oath to shift their perception from a mechanistic to a holistic and ecological view and to become responsible citizens of the society.



Stress Detox: Mindfulness and Coping with Stress

19th, February 2022

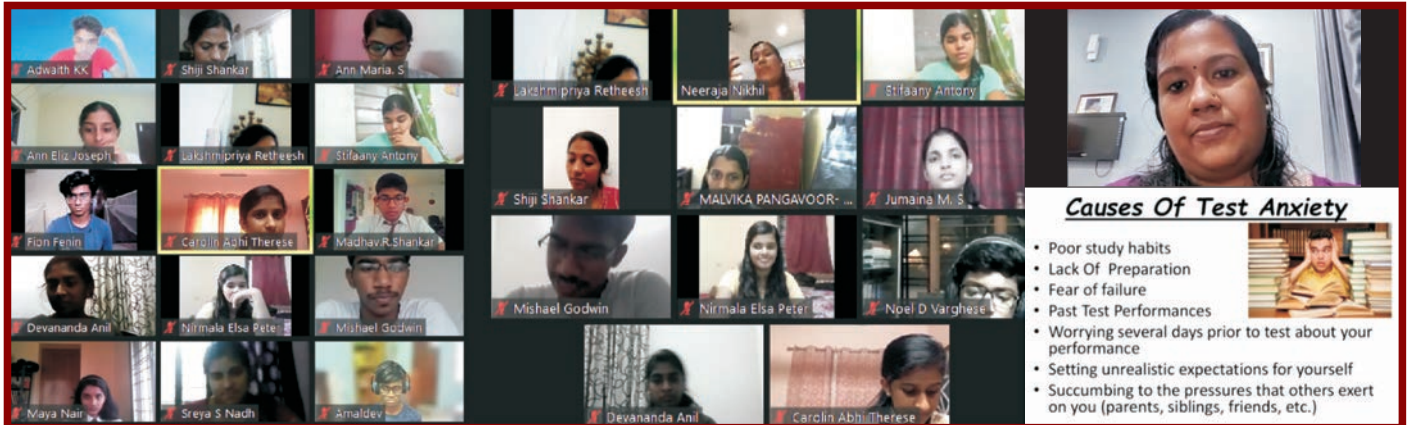
Set peace of mind as your highest goal, and organize your life around it.

Campion Interact Club organized 'Ray of Hope,' a webinar on the topic, 'Stress Detox: Mindfulness and Coping with Stress'

Resource person, Mrs. Neeraja Krishna, Clinical Psychologist and Assistant Professor, Ansar Women's

College, Thrissur elucidated about the causes, types, effects and symptoms of stress. It was an interactive session on healthy ways of coping with stress.

Stress wreaks havoc on your emotional equilibrium, as well as your physical health. This project enabled our students to give wings to their stress and let it fly away. Effective stress management help them to stay calm and focused.



Mastery of Exploration, Experiment and Experience

Kumari Jyothika Mary Cyriac, Past President, Campion Interact Club 2017

1. What was your favorite experience with Campion Interact Club?

My favorite experience was the visits to the old age homes and orphanages. It was beautiful to see that the biggest impact isn't the money or what we did collect but simply presence.

2. What was your biggest take away from the club activities?

My biggest takeaway is the leadership skills, the increase in confidence and most importantly the empathy that was developed through the different experiences we got to be a part of.

3. Has this learning helped you?

Absolutely, I feel like those experiences led to a holistic development. I am capable of taking up projects at work and executing the same with confidence because of the exposure I got from Interact Club.

4. Which is the most memorable event that you cherish during your presidency?

Rotary Club was a wonderful exposure. From



the RYLA camps to the Rotaract meetings, I have had such amazing experiences with the members.

5. Can you explain your journey of contribution towards the community after school?

I was also involved with tutoring a visually impaired peer and now with work, I try to be a part of CSR activities. I have tried to be involved with the community in whatever little way I can. In college, I went on to being a part of the team of writers for the disabled students. My journey has continued since then by being a part of Rotaract Club.