



# Ever Flowing stream

December, 2019



Wishing you all the blessing of Peace , the beauty of Hope , the spirit of Love and the comfort of Faith on this Christmas and through the New year.

**Dear Friends,**

At this Christmas season we think warmly of each one of you and thank you for the love that you so generously shared with us at Pravaham and partnering with us in bringing hope, love and happiness in to the lives of many in gloom and despair.

I am eager to share with you all the happenings at Pravaham from the three areas of our work Community Education Program, Outreach Programs and Training and Retreat center.

The 16<sup>th</sup> batch of community education program commenced with Orientation classes starting from the 7<sup>th</sup> of August 2019. 40 students were enrolled in the program.

## **Graduation Ceremony of the class 2018-19**

**Graduation Ceremony of the class 2018-19**, 15<sup>th</sup> Batch of Pravaham Community Education Program took place on the 7<sup>th</sup> of September 2019. Dr. Mrs. Vivian Churness ,Retd. Faculty, Dept. of Nursing, university of Southern California ,USA was the Chief Guest. Dr. Prakasa Rao and Mr. Victor Jayakaran were the Guests of Honor.

We are very happy that all the students who graduated were given employment in Health care institutions and Hospitals in Chennai , Bangalore and Vellore.



## Testimonies of transformed lives of our former students

**Sumithra is a student of Pravaham - Class of 2016-17** . She passed high school but her father couldn't afford to send her for higher education and got her married at a young age. She has two children and it was difficult for them to run the family on one salary.



The desire to study further and equip herself did not die down in Sumithra even after 10 years since she finished her high school . She heard from a social worker of CMC about Pravaham which gives School drop outs an opportunity to continue their education. Her husband who



works as an Attender in CMC Hospital encouraged her to get a diploma in Health Assistant course. She went back to study after a gap of 10 years in 2016 and completed successfully in 2017. Sumithra now got employment as a Village Health worker in CMC Community Health Department. She came with her husband to our Christmas program and shared how her life has changed for the better. She is now confident that she can provide her children with better education and quality of life. And what really touched us was the donation of Rs.5000 that she gave from her first salary as a token of her gratitude towards what she received she from Pravaham.

### **Dyana.s, a former student, makes her first International trip to Singapore on work**



Dyana hails from a remote village named Venkatapuram. For the very first time she visited a city when she was taken on an excursion as a student at Pravaham. She is the 2<sup>nd</sup> daughter of a family of three girls. Her father is a farmer and her mother works as a daily wage laborer in the fields. Father addicted to alcohol always fights with his wife and children. Whatever he earns, he spends on alcohol and the family went in to severe debts . Though Dyana passed 12<sup>th</sup> ,she couldn't go to college because of her family situation.

At this juncture she came to Pravaham to Study Diploma in Health Assistant course. Meanwhile Priya, her mother joined as support staff of Pravaham. Dyana completed her course successfully and got a job as a care provider. She repaid the family loans and now supports



her sister's education. Dyana is very efficient in her work and takes care of her patient as her mother. The patient's family helped her to get the passport and she accompanied her Patient to Singapore . It was a thrilling experience for her . She had the privilege of going on an Airplane for the first time and visiting another country . Her joy knew no bounds.

Dyana visited Pravaham last month with a bagful of chocolates for all the students and staff and shared her Testimony which motivated all the students.

### **Wedding bells for Muthulakshmi class of 2013-14:**

Muthulakshmi's mother was suffering from skin diseases. In spite if this she was going for work because her father couldn't get steady work as he often takes ill and is addicted to alcohol. With three children to take care of ,her mother continued to work in the fields and sent them to school. When it became unbearable she went to a skin doctor in a Mission hospital. At that time Muthu completed class 12 and joined in a college but as the family could not afford to pay the fee she continued and started work in the fields to support the family. It was at this hospital that Muthu's mother heard about Pravaham from a Counsellor. She joined Pravaham community college and from then on, her life took a turn for better. She completed the course, worked for 5 years in Chennai .She supported the family ,helped in the education of her brothers. Today Muthu is working as a senior Nursing Assistant in a multi speciality Hospital in Bangalore. Last month she was married to an educated boy and is now well settled in life. In her own words.... " I thought my life has no meaning and lost all hope but God brought Pravaham into my life as a beacon of light,it has not only lighted my life but also impacted my family."





**Udaya, Class of 2016 - 17 gets the opportunity to pursue higher studies at the Institute of Nursing, Bangalore Baptist Hospital :**



Udaya is a first generation literate in her family from a remote village named Edapyrai in Tiruvannamalai district. She never went out of her village and parents were so ignorant and could not take even simple decisions in their family matters. She heard about Pravaham through Muthulakshmi who is from a nearby village. Udaya says "if Pravaham had not given me an opportunity to study again I can't imagine how my life would have been ... probably my parents would have gotten me married and I would have led the same ignorant life as my parents.



But God intervened and now I am working as a Nursing Assistant for the past 2 years in Bangalore Baptist Hospital. This year my Director Dr. Gift Norman and Dr. Ravi encouraged me to study further and I got admission into Diploma in General Nursing. I am really excited about my future. I thank God and Pravaham for lifting up my life."

**Pravaham students show the spirit of sharing and giving:**

Sixteen students who passed out in Sept 2019 were recruited by Advantage Elder care, Bangalore as Nursing Aids. On October 15<sup>th</sup> we received a call from the Manager of the Home asking for our Bank details as all the candidates wanted to contribute from their salary to Pravaham . We are really proud to say that they sent **Rs.41500** to sponsor a student to study at Pravaham.



Thank you, girls ,you have a big heart. God bless your sacrificial giving.

"Sacrificial giving is not giving out of abundance, it is giving with much understanding ,purpose and a sincere heart".

**Special Events and days - August to December 2019**



Talents day 13<sup>th</sup> Aug 2019



Independence Day celebration started with March-past by the students and Flag Hoisting by the Chief Guest Mr. Ervin David followed by a cultural program.



Founders day was celebrated on 30<sup>th</sup> September 2019 . Dr. Shameen Prashantham, Professor, CEIBS, and his wife Ms. Deepali Prashantham were the guests of honor.





Workshop on Calligraphy and Art by Diya Shameen and Deepali Shameen was a great hit with the students and they had fun working with paints and colors and learnt a beautiful way of writing English.



Celebrating Festival of lights

Rural School Teachers get together

Work shop on 'Balanced Mind ,Body and Spirit'

We had our Annual Cultural event and Christmas celebrations on 7<sup>th</sup> Dec 2019. Students and staff put up a beautiful and meaningful program under the direction of Mrs. Gita Dawson. It was attended by parents of the students, villagers around and well wishers from Vellore, Chennai, Bangalore and Hyderabad. Rev. Dr. Varghese Thomas, Professor & Head of the Dept. of Pastoral Theology and counselling, SAIACS, Bangalore and Ms.Suja Thomas were the Guests of Honor.





## Health awareness programs conducted



Health camp at kavanoor and at Pravaham



Health survey conducted in surrounding villages from Oct 1<sup>st</sup> to 19<sup>th</sup>



School awareness program at Venkatapuram and Palamathy schools  
Oct 17<sup>th</sup> Palamathy mental health



Antenatal Day  
at Timiri government hospital Oct 22<sup>nd</sup>

**Opening of the Renovated Chapel:** Pravaham Chapel is very special to us. It is the most beautiful and serene place where the peace of God and tranquillity envelops you as you sit to meditate. We had to renovate it to replace the worn out thatched roof which was leaking and make it insect free by enclosing with fly proof widows. The building contractor, Mr. Johnson Augustine and his team did a wonderful job in renovating and retaining the same serenity and openness which is unique to the Chapel structure. On the 6<sup>th</sup> of September, the Chapel was opened by Dr.J.Prakasa Rao, former Head of Physiology, CMC and a dear supporter.



*May the Peace of God  
that passes all  
understanding be with  
us and give Peace and  
Hope to all of us.*



*"There is no exercise  
better for the heart than  
reaching down and  
lifting people up."  
Thank you once again  
for reaching out to  
Pravaham.*