

Pravaham

Bishop Anandarao Samuel's Community For Peace And Justice

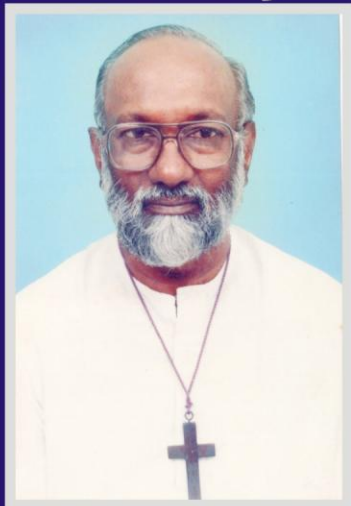
Touching livesbrining change



Annual Report 2021 - 2022

A Community
Which lives to enliven;
Receives to enable,
With God as its source,
Christ as its model,
And people as partners,

History



Pravaham means an 'ever flowing stream'. It was initiated by the Bishop. Ananda Rao Samuel, former Moderator and Bishop of the Church of South India, in the year 1993.

Our Belief

Pravaham believes in the vision of the kingdom of God on earth.

Where love, compassion and righteousness prevail.

Where every individual is accepted, loved, respected and cherished as a person in the image of God, irrespective of caste, colour, class, gender, ability and wealth or status.

Where there exists a seamless integration and unity across the spiritual and the material, manual and the intellectual, the private and the public.

Where prayer, service, sharing and simplicity guide our lives and relationships.

Vision

The vision of Pravaham is the realization of the full potential of the oppressed, marginalized and minority communities, leading to a world where all people live in peace and unity based on the recognition of the dignity and sacredness of human life.

The Mission of Pravaham

To educate, train and empower the Dalits, women and other marginalized sections of the society.

To stand in solidarity with the poor and the oppressed in their struggles for human dignity, social justice and freedom.

To strengthen the internalities of leaders and communities working for a more just and humane society.

To dialogue with and create fellowship of people from diverse fields for justice and peace.

To struggle with the poor, the oppressed and the dalits in various ways to provide for their basic needs in life.

Board of Trustees

2021- 2022



Fr. Aloysius Irudayam S.J
Chairman



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L to R- standing - Salomon, Rani, Kumari, Ravi, Gowri, Kumar. Suguna, Kowsalya
L to R- sitting - Jayashree, Selvi Dayalan, Ravi.C, Lucy Shyamsundar, Suganthi, Anitha Kumari
Pravaham is blessed with dedicated team, without whose support and dedication, the programs of Pravaham wouldn't have been effective and successful.

Thank you for your 10 plus years of dedicated service



Mr.C.Ravi, Administrator

MS.M. Jayashree, joined as Nursing Tutor in 2012. Through her dedicated work she has touched the lives of many students. We thank her for her sincere and committed service to Pravaham community college.

Mr.C.Ravi, Administrator completed 11 years of committed and sincere service to Pravaham. Through his untiring efforts he helped Pravaham get all the approvals and certificates needed from the government to run the Community College and the Hostel for women. Our sincere thanks and appreciation for his valuable contribution to Pravaham.



MS.M. Jayashree, Nursing Tutor

Community Education Program

School dropout girls from rural areas belonging to marginalized and under privileged communities are given vocational and life skills training through this program. All the students are given placement soon after the completion of the course. This is a one year residential program which is given free to the students.



Community OutReach Programs

Pravaham reaches out to children, youth, women and senior citizens in local villages through this program. Health camps, relief distribution during natural calamities, awareness on health, education, child and women's rights and hygiene are conducted in villages in Timiri Panchayath.



Training and Conference center



Pravaham conducts trainings and seminars partnering with like minded organizations for women, youth, families and senior citizens. Pravaham training centre is also used by various organizations, institutions, groups and families to conduct training programs, seminars and workshops.

Whom we serve:

Young school dropout girls, young widows and battered women belonging to Dalit and other marginalized communities.

They are from the age group of 16 to 35. They come from the districts of Vellore, Ranipet, Tiruvannamalai, Kanjeevaram, Chengalpat, Tirupattur, and Chennai in Tamilnadu and also from the bordering districts of Karnataka and Andhra.

Impact:

Pravaham Community Education helps rural girls from marginalized communities to achieve their full potential and fulfil their dreams.

592 young women and their families have been economically empowered through this program. They have also gained self confidence and courage to face the challenges in life.

Our partners



Christian Education Fund
Kassel, Germany



Global ministries
Cleveland, OH, USA

Resource Support



ICRDCE, Chennai



N.S.D.C
National Skill Development Corporation

Transforming the skill landscape

NSDC, India



TNOU, Chennai



Christian Medical College
Vellore.



Christian Counselling Centre,
Vellore

Service partners



Amazing Love Home, Padappa Chennai.



Advantage Elder Care, Bangalore



Bangalore Baptist Hospital,
Bangalore.



Portia Health Care Service, Chennai.



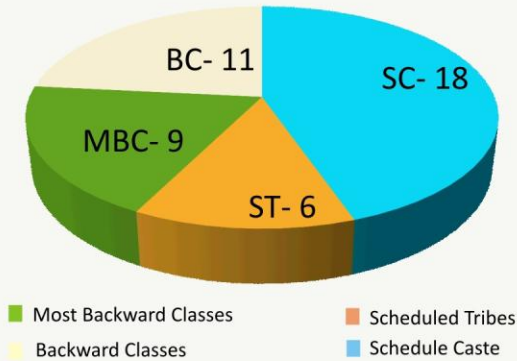
Emmanuel Methodist
Senior Citizen Home, Chennai

Pravaham Community College

18th Batch, 2021 - 2022

Admissions for the year 2021-22 began in July 2021. Initially the admission was low because of 'all pass' declared by the Government for classes 10 and 12 due covid 19. When the students did not get the admission in degree and professional colleges then they sought admission at Pravaham. 44 students were enrolled in the year 2021-22.

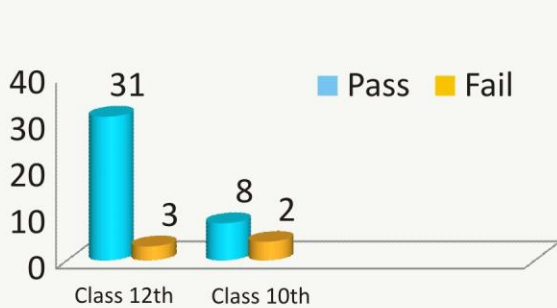
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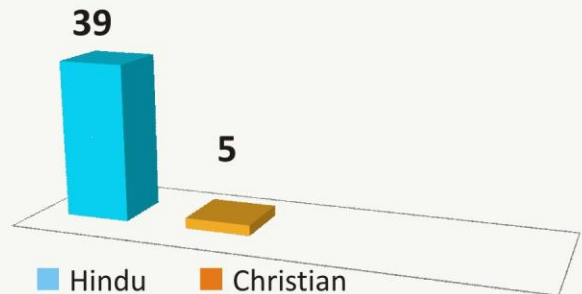
Annual Income



Educational Qualification



Religion



Admissions for the year 2021-22

It was a great day for students and a proud moment for their parents to see their daughters getting their diploma. For most of them, their daughter is the first person in the family to get a Diploma certificate.

Graduation ceremony for the 17th batch students took place on the 18th of September 2021. Thirty seven students received their Diploma in Health assistant certificates on that day.

Dr.V. Surekha, Prof of Geriatrics, CMCH was the chief guest and distributed the certificates to students. She encouraged the students not to think of themselves as dropouts but those chosen by God to show His love and compassion to the suffering and to those in pain.

Rev. Arul Das, Head of the Department of Chaplaincy, CMCH, Mrs. Ann Arul Dhas, Mr. David Chandran, General superintendent CMCH and Mrs. Beulah Chandran were guests of honour.



Dr.V. Surekha,
Prof of Geriatrics, CMCH



17th Batch Inauguration ceremony



17th Batch 2020 - 21

Campus interviews were conducted from September 18th to 29th 2021. All the students who graduated successfully got jobs in reputed Health service institutions in Chennai and Bangalore.



Amazing Love
Elder care Home, Padappai



Advantage Home Health Service,
Bangalore



Emmanuel Methodist
Senior Citizen Home, Chennai



Athmashara Nursing Service,
Bangalore



Portia Health Care Service, Chennai.



Bangalore Baptist Hospital

Pravaham is a stepping stone for those who want to study higher and realize their dreams

Three students from the class of 2020-21, who secured good marks in class 12th were encouraged to apply for Diploma in General Nursing and Midwifery (GNM), at Schieffelin Institute of Health, Karigiri, Vellore. Swetha. R, a dalit student from Arcot secured admission into the course in the AY 2020.

Swetha shares her joy

“My name is Swetha. I come from a village about 25 km from Pravaham. My father works as a cook in a small hotel in Bangalore and because of Covid he did not have work for many months. My mother works in the field and supports our family. My parents worked hard and sent all the 3 children to school. I passed 12th class with good marks but my father said that he cannot afford to pay for my higher education as he is sending my brother to college. Disappointed, I was at home for a year. In the year 2020, I heard of Pravaham through a friend and coaxed my father to admit me in the college.

I am so happy, that I came to Pravaham and learnt many things valuable to life - discipline to time management, self-confidence to faith in God. Pravaham made my dreams come true. They helped me to apply to various Nursing colleges and I secured admission in Scheffline Institute of Health in the 3 year Diploma course.

I am deeply thankful to Pravaham for making my dreams come true”.



It is always a joy to see the old students of Pravaham come back as confident, mature and independent young women. Eleven old students visited Pravaham from January to June 2022. Each one beaming with happiness and a dignity that comes from being able to stand on their own feet and dreams being fulfilled.

All of them interacted with the present batch students and shared their experiences on how the training at Pravaham has completely transformed their lives for better.

Success story of Saraswathi



Saraswathi.S, student of the year 2016-17 visited Pravaham on the 2nd of Feb 2022. She shared this with the staff and students "I was once grazing

goats, as my father couldn't afford to pay for my higher studies. Today I stand before you as a Nursing graduate, it is all because of Pravaham. Seeing my zeal to pursue higher education, Pravaham helped me study General Nursing at Karigiri School of Nursing, Vellore, by paying the college fees. I completed the course in December 2021 and I am now working as a Nurse in CMC Hospital, Vellore. Not only my family but my whole village is proud of me. I am the first dalit graduate of my colony".

Wedding bells for Dhatchayani.K



Dhatchayani student of 2017 batch visited Pravaham to invite Pravaham family for her wedding on the 18th of June 2022. She is working as a Home Nurse for the past 4 years at Radiant Health

Services, Chennai.

She shared with the students "my parents refused to send me for higher education because I am a girl and instead preferred to send my brother. I am deeply grateful to Pravaham for giving me a vocational diploma and a job. I learnt to be truthful and honest at Pravaham, which I practiced at work and I earned the best Employee Award. The values Pravaham gave me will be with me for lifelong. I got an educated life partner because I am now a working woman. I was able to share in the marriage expenses from my savings and it lessened the financial burden of my parents".

Sheeba Rani and Stella Rani's Testimony



Sheeba and Stella visited Pravaham on the 29th July, 2022. They both are sisters who studied at Pravaham in the year 2008.

Sheeba is working in Bangalore and Stella is working in Vellore. They shared their testimony with the students and said "The one year training at Pravaham not only gave us skills to get a job and earn, but it also trained us to have self esteem, discipline, good manners and to have a positive attitude and depend on God. This enabled us to go to places where we could not imagine. Today we both are successful in our careers. We are team leaders holding responsible positions".

Vadivazhgi's life transformed



Vadivazhgi.P, visited Pravaham on the 2nd of June 2022. She is from the batch - 2018, at present working in Advantage Elder care, Bangalore.

She recalls "I shudder to think what my life would have been if I had not come to Pravaham. I failed in class 12 and I went to work in the farm. It is hard work,

long hours in the hot sun. God heard my prayers. Along with a friend I joined Pravaham Community College and this has totally transformed my life. Today I earn a decent salary and I asked my father to take retirement from working as daily wage labourer, as his health is not good. I repaired my house which was leaking, replaced the mud flooring with tiles and bought a fridge too with my savings. My parents are proud of me."



Founder's day

Founder's day was observed on the 30th September 2021. Rev.T. Devadoss was the guest of honour.

Children's day was celebrated on the 14th of November 2021. Sweets and Roses were given to each student.

New Year celebrations Pravaham community started the year 2022 with a note of thanks giving to God, for the wonderful way He has lead and protected us through the two years of the pandemic and the lock down. After the service there was singing and fun around the camp fire. Sky lanterns were released to commemorate the New Year.

Republic Day was celebrated on the 26th January 2022. Program started with March Fast and Flag Hoisting, followed by cultural program. Mr. Noah Eastman, Assistant Professor, Voorhees College and Dr. Felecia Noah, assistant Professor, Voorhees College were the chief guests.

Nurses' Day was celebrated on the 21st May 2022 Mrs. Mercy PriyaKumari, Lecturer, School of Nursing, Government Medical College, Vellore was the Chief Guest for the program. She gave an inspirational talk on how nurses should have Sympathy, Empathy and Compassion towards the patients. Students gave a cultural program which ended with special lunch.



Children's day



Camp fire for New year celebration



Republic Day



Nurses' Day



Installation of office bearers

Installation of office bearers for Rotaract club of Pravaham Community College - 2021-22, took place on the 24th of Nov 2021. Rtn. Usha Ajith Prasad, District Rotaract Chairman, was the chief guest.



Human rights day

Human rights day was observed on the 10th of December 2021. Students were made aware of the 30 basic human rights according to the universal declarations of human rights (UDHR) by the United Nations.



Flood relief work in the villages

The staff and the students carried out health awareness in the flood affected areas in the villages in Ranipet District on 30th November 2021.



Dance competition was organized by Rotary club of Tiruvannamali and Vellore on the Feb 27th 2022. Pravaham students took part in the competition and won the 1st prize.



Students took part in an online program conducted by Rotract Club of Pallavaram Pharmacy College on 13th February 2022. Mrs. Anugraha Karthick, Psychologist gave a talk on Women Empowerment and the students performed dances and skit.

Annual Cultural Day of Pravaham Community College was conducted on the 18th of December 2021 along with Christmas celebration. Dr. Deenabandhu, Area Executive, Southern Asia office of Global Ministries, USA was the Guest of Honour. We were happy that the founding members Mr. Paul Divakar and Ms. Annie Namala were with us on this special day. Students, parents and villagers around along with the friends of Pravaham from Vellore took part in the program. All the students took part in the cultural program and presented a spectacular show of dances and skits. This was followed by a fellowship lunch for all.

Pravaham released its first Calendar in Dec 2022. This was released by Mr. Paul Divakar and the first copy presented to Dr. Deena Bandhu.



Dr. Deena Bandhu



Cultural Program



Releasing Pravaham Calendar 2022



Two day trip to Chennai and Mallapuram

A memorable experience

Forty four students and 6 staff went on a 2 day trip to Chennai and Mallapuram. On the first day they visited the important monuments in Chennai and Mamallapuram. In the evening they played in the beach. On the second day they visited Aringnar Anna zoological park in Vandalore, which they never visited before was visited on the second day. For many students it was the first trip to Chennai and first sight of the sea and seashore. Students enjoyed playing in the beach and were fascinated by the ancient culture at Mamallapuram.



P. Rajeshwari and S. Janaki said that it was a super duper exciting trip. Seeing the sea and the beach and the zoo for the first time was just unbelievable!! It was an unforgettable experience for all the students. They thanked all the donors for arranging this memorable trip.



P. Rajeshwari



S. Janaki

Awareness on HIV and personal hygiene was given by Mrs. Gifita , Social work officer at CMC community health



Awareness on HIV

Exposure to a Multi-Speciality Hospital: It is important for students doing Health Assistant Course to know the workings of a Hospital. As most of the students come from a rural background, they have not visited a Multi-speciality hospital. On February 26th a visit to CMC hospital was organized for the students to help them see various departments in the hospital and their working. Mr. Durai Jasper, PRO, CMCH gave complete orientation about the Hospital.



Hospital exposure

Community College Teachers Training program:

M.Jayshree and V. Anitha attended a two day training program conducted by ICRDCE for all the community colleges teachers in India on the 25th and 26th April 2022. Training was given in the curriculum and the norms of NSDC and the ways to motivate and train the students who are school drop outs.



Community College Teachers Training program

Students get Nursing Skill training at Rehabilitation Centre, CMC:

Students had 4 weeks internship from April 18th to May 13th 2022 'They learnt many nursing procedures and skills from experienced Nurses and therapists at the hospital.



Students get Nursing Skill training

Basic Counselling Classes at Christian Counselling Centre:

Students attended 3 week Basic Counselling classes from CCC in May 2022. They had the privilege of learning from eminent person like Dr.B.J.Prashantham and other professors of counselling. Each student received a certificate after the completion of the class.



Basic Counselling Classes at Christian Counselling Centre

Pravaham's greatest strength is having a number of friends and supporters of Pravaham from various walks of life. They not only give their resources, but also give their time to interact with students, teaching them and counselling them. Pravaham students are privileged to learn from eminent resource persons not only from India but from different parts of the world, who impart their know how and spend quality time with them. They give them exposure to the latest developments in various fields, including nursing care and medical service, arts and crafts, singing, spoken English, value education, motivational and counselling classes. This kind of an involvement is not only enriching to the students but also helps to further the existing knowledge of the staff and brings in external perspective to regular teaching. Our grateful thanks to the 24 friends of Pravaham who volunteered their services to Pravaham. 🙏

Ms. Arpana Aruldhhas and Mr. Anand Aruldhhas , first year students M.Sc Psychology , Christ College, Bangalore volunteered to teach spoken English and communication skills to the students of Pravaham August 25th to 30th of September.



Ms. Arpana Aruldhhas and Mr. Anand Aruldhhas, first year students M.Sc Psychology , Christ College , Bangalore

Dr. Vivian Churness, Rtd. Prof. Nursing ,USA, visited Pravaham from the 7th to 9th December 2021. She took First Aid classes to the students and taught them to do CPR. She gave copies of the book which she authored 'Hand book of communicable diseases and First-aid'. She also donated a mannequin on which the students can learn and practice to do CPR.



Dr. Vivian Churness, Rtd. Prof. Nursing ,USA,

Spoken English Classes were taken by Fr. George Stephen from May 16th to 20th: one week of intensive classes on skills in English speaking, voice exercises, Phonetics were taken by Fr. George Stephen Thairyam, Dindigul, and Secretary to the Province of Madurai. He made learning English fun. He showed them an English movie at the end of each class and taught them how to converse easily in English.



Fr. George Stephen Thairyam, Dindigul ,Secretary

Mr. M. Baskar General Manager, Neyvelli Lignite coroporation Ltd, visited Pravaham with his family on the 4th of February 2022. He met the students and explained the process of conversion of Lignite to electricity.



Mr. M. Baskar General Manager, Neyvelli

Health team from Thimiri Primary Health Center visited Pravaham and distributed free sanitary Napkins and Folic acid tablets to the students. They talked to them about the importance of maintaining normal Hemoglobin level in the blood for women.

Volunteers' valuable contribution to Pravaham students

Mrs. Arlene Senthilvel and Deepika Valaparla, took Baking classes.

Mr Paul Divakar and Mrs. Annie Namala took sessions on gender equality, caste system and how to be aware of their rights and exercise equality on the 30th of December 2021.

Seminar on the topic 'Closer look at Love' was organized for the students on the Valentine's Day, 14th February 2022. Mr. John Ruban, Mr. Erwin David and Mr. Jayakumar through various examples shared how to differentiate between genuine love and lust and not fall into the trap by mistaking it for true love.

Saraswathi former student of Pravaham who completed DGNM course at Karigiri visited Pravaham on Feb 2nd. She taught the students nursing procedures for a week from 2nd to 10th of February 2022.

Flower Arrangement classes were taken by Ms. Arlene Senthilvale, an Architect and Consultant, from Chennai, on the 6th of June. Students learnt making beautiful bouquets, table arrangements. They were very enthusiastic to learn this new skill.

Ms. Sonia Gurnamal and Ms. Raju Lalwani visited Pravaham on the 18th of July. Ms. Gurnamal took Communicative English class and also encouraged them to write a journal.



Mrs. Arlene Senthilvel and Deepika Valaparla



Mr Paul Divakar and Mrs. Annie Namala sharing with students



Mr. John Ruban taking seminar



Saraswathi former student taking nursing class



Ms. Arlene Senthilval - flower arrangement class



Ms. Sonia Gurnamal taking spoken English classes

Resources persons from Christian Medical College Vellore give training to students

Dr. Surekha M.D, Professor and head of Geriatric, CMC Hospital, Vellore visited Pravaham on the 20th and 21st of November and took classes for the Nursing Tutors and the students on elder care at home.

Dr. Gladwin Khanpur ,Senior Dentist, CMC, Vellore, visited Pravaham on the 21st of March 2022. He took class on “Geriatric Dentistry” highlighting the consequences of poor oral hygiene and tobacco chewing which may lead to oral cancer.

On the 24th of June ,Basic life support class was taken to the students by Mr. Amul Raj, Critical Care therapist,. Mr Ganesh, Secretary Critical care office, and Sr. Esther senior Nurse, Dept. of Critical Care , CMCH, Vellore. They taught the students how to give CPR and other life saving techniques. They have shown the video clips and also practical demonstration was conducted.

Emergency Care and first Aid classes were taken to the students by Mr. R.Prasanth, Paramedic, CMCH, Vellore, Dr. Libaniae, Dr. Nikitha, Mr. P. Silambarasan, Mr. Rohith, Paramedics from the Dept Of Emergency Care CMCH, Vellore on the 25th of June. They taught First aid and care given during emergency. These classes were very helpful to the students not only academically but also to teach others in the community.

Dr. Surekha .V, Prof. Dept. of Geriatrics, Ms.Linda ,Physiotherapist, Sr, Teresa and Mr.Ernest Nurses ,CMC visited Pravaham on the 2nd and 16th July and took classes for the students on taking care of a geriatric patient. The classes were of immense benefit to the students as many work among the senior citizens.



Dr. Surekha .V, Prof. Dept. of Geriatrics,



Dr. Surekha M.D, Professor and head of Geriatric, CMC Hospital, Vellore



Dr. Gladwin Khanpur, Senior Dentist, CMC, Vellore



Mr. Amul Raj, Critical Care therapist and Team CMCH, Vellore



Mr. R.Prasanth, and team Paramedic, CMCH, Vellore,



Mrs. Kannagi Bagyanathan Rtd., IAS officer,
former Principal Secretary to the Government of Tamil Nadu



Mr. Theo Stephens, RHEADS
(Rural Health Education and Development Service) Chittoor



Mrs. Julie Lavanya Jones,
Professor of counselling, UBS, Pune



Rt.Rev. G. Dyvaseervadam and Ms. Vathsalya

Mrs. Kannagi Bagyanathan Rtd., IAS officer, former Principal Secretary to the Government of Tamil Nadu visited Pravaham on the 27th of November . She motivated the students to study higher in spite of the challenging circumstances in one's life and told them of the various TN Govt. Schemes for women and for young girls from dalit and backward communities can avail.

Mr. Theo Stephens Director, RHEADS (Rural Health Education and Development Service) Chittoor, visited Pravaham on the 23rd of March. He took a motivational class on how one should be a change maker in the community and bring transformation at the grass root level of the community. Mr. Anand Ravala , a Software engineer and social activist motivated the students to raise their voice whenever they see injustice in the community.

Value - education class was taken by Mrs. Julie Lavanya Jones, Professor of counselling, UBS, Pune, on May 26th.

Rt.Rev. G. Dyvaseervadam and Ms. Vathsalya visited Pravaham on the 1st of July 2022. He encouraged the students not to think of themselves as dropouts but rise above their challenges and become like Mother Theresa.

Mr Solomon Namala , Ms. Francisca and Ms.Karuna visited Pravaham on the 28th of July. Ms. Francesca and Ms.Karuna interacted with the students and they also taught them to dance.



Mr Solomon Namala , Ms. Francisca and Karuna

Beyond education and vocational training, Pravaham reaches out to support the needs of the women, children and senior citizens of the communities.

Health camps and health awareness programs are conducted in the villages to bring health care to their door steps of the community in remote villages around Pravaham.

Pravaham works with Revenue and Health departments and reaches out to the affected people in Timiri Panchayath, during natural disasters.

Nursing Tutors and students of the community college take active part in the out reach programs.

Impact:

In the year 2021-22 Pravaham has reached out to 1045 beneficiaries through health camps, awareness and relief programs.

*Health camps &
Health awareness programs: 7
Senior citizens: 7
School out reach program : 5*

Service Partners

Rotaract



Rotaract Club



Revenue department



Health department



Special Vaccination drive against Covid 19:

Pravaham conducted awareness programs in villages around to alleviate fears and misconceptions about taking vaccination against Covid.

Alongside with the district Health department, Pravaham nursing tutors and staff took part in the vaccination drive in 5 villages on every weekend from the 26th of September to 23rd of October. The District health department appreciated the contribution Pravaham community college made in the special vaccination drive in the villages in Timiri Taluk.

No. Beneficiaries - 301

Plastic Awareness Program:

Pravaham students and staff along with they gave awareness on indiscriminate disposal of plastic waste and cleaned the surroundings of Palamathy temple of plastic waste.

No. Beneficiaries- 118

Diabetes and Hypertension awareness program:

Health Awareness Programme was conducted in Thirumani village on the 30th of April 2022. Awareness was given on Diabetes - its causes, signs and symptoms, foot care, diet and exercise. Students enacted a skit on the precautions to be taken after being affected by covid-19. The signs, symptom and methods of prevention were also explained. Random Blood Sugar level and Blood Pressure were also checked for 40 participants free of cost. The participants appreciated the awareness program and they were very Happy, that this program enabled them to find out many unknown high risk cases of Hypertension and Diabetes.



Special vaccination program at Thimiri



Diabetes and Hypertension awareness program at Thirumani Village

Plastic Awareness Program at Palamathy temple

Vellore and Ranipet districts received heavy rainfall like never before in Nov 2021, and this caused flooding in many low lying areas in villages around. Pravaham students and staff participated in flood relief work. They distributed bed sheets, floor mats and provisions to 75 families in 5 villages affected by the floods, in Kilambadi village, in the presence of Mr. J.L. Eswarappan, M.L.A, Mr. S. Gopalakrishnan Thasildar of Arcot, and Mr. Senthivelan V.A.O.



Flood relief distribution

Awareness on the adverse affects of child marriage:

Pravaham students and staff along with the students of Auxilium College , Department of Social work, visited Palamathy Higher secondary School on the 6 th of December and conducted awareness program on Child marriages and its adverse effects. They enacted drama and skits to show that child marriage causes ill health to the mother and the child.

No. Beneficiaries - 118

Staff of Pravaham visited Punganoor primary school in dalit colony and distributed bed sheets to 45 students. 25 students in Durugam MD school were given bed sheets on the 23rd December 2021.

Study centre for the village students during covid 3rd wave :

Rural children's education has taken a toll because of covid lockdown. Children whiled away their time as they did not have the provision for on line classes.

With a concern for these children, Pravaham started study centre for students from 1st class to 12th class. Students from Venkatapuram and Thanakulam attended the classes. Lunch was served to all the students. Classes took place for 2 weeks from 20th January to 1st February 2022..

No. Beneficiaries - 140

Sports day for rural children:

136 students from four villages took part in various games conducted by Pravaham on the Republic day. Prizes were given to the winners. Students had a great time and fun taking part in the games.

No. Beneficiaries - 136

'Rural Children's Summer camp' was conducted in Pravaham campus for the students from 1st to 10th class from the nearby villages from 30th April to 3rd May. Singing, story telling sessions, spoken English classes and computer classes were organized. Craft work was taught to the children. 92 children attended and greatly enjoyed the program. Soon after the session hot lunch was served to all the students. The five day program ended with valedictory program where the students showcased all that they have learnt. Every student who participated were given gifts and the village children were very happy and requested us to conduct these camps more often. No. Beneficiaries - 92



Study centre for the village students



Awareness program on Child marriages at Palamathy School



Sports day for rural children



'Rural Children's Summer camp'



Bed sheets given to poor students at Durugam MD school

The elderly in the rural communities face a wide range of challenges and worries. As they age, their medical needs increase and they find it difficult to adjust to their deteriorating health. At times they become a burden to their families as the family also being poor cannot give proper nutrition and medical care to them. Pravaham intervenes at this juncture and gives support to such senior citizens in the villages near them. .

Elderly who are above 70 years of age living in the villages around Pravaham were identified and were registered in this Program. 30 senior citizens were enrolled in this program. Once a month they are brought to Pravaham by a vehicle. It is a time of enjoyment and relaxation from their monotonous life. Games are conducted for them which they enjoy participating. It also gives them an opportunity to share their challenges and to know that there is someone to listen to their problems,

Awareness was given on good health practices for the aged, nutrition, foot care , eye and dental care and exercises. They are also taught exercises to keep them active and mobile.

During their monthly visits Nursing Staff and students conduct health check-ups by checking their weight, blood pressure and blood glucose levels and recording them which helps to follow up on their health status. Students and staff also clean their cracked feet and trim their nails and apply moisturizer to their feet. A pair of MCR chapels was given to all the participants as we noticed that many of them walk barefoot. They were also given bath soaps, washing soaps, coconut oil bottle, to oil their head. At the end of each session nutritious meals are served to all the senior citizens.

Dr.Carol Devamani and Dr. K R John were the resource persons for this program.



Dr. K R John giving health talk



Dr.Carol Devamani teaching exercises



Senior citizens enjoying a sumptuous lunch



Health check ups

Impact

Mr. Saroja Says that coming to Pravaham brings her happiness as students and the staff lovingly talk to them and take care of their health needs.

Ms. Muthammal Says that she is benefitted by getting to know the importance of walking and exercises.



Pravaham Training & Conference Centre

24

Pravaham Training and Conference center is situated amidst lush green gardens, surrounded by fields and hills. It is in a serene atmosphere away from the hustle and bustle of city.

The center provides facilities for training, seminars, workshops and to meditate and have quiet time for inner healing.

Pravaham conducts training and seminars to children, youth, women and senior citizens. Pravaham Training center is also used by many organizations, Institutions, families and individuals to conduct training and conferences.

Covid 19 restrictions continued till November 2021 and the center was not in use for about 6 months in the year 2021-22. 85 groups used the facility in the year August 2021 to July 2022



Pravaham Training and Conference centre



Flower pots made at pot making workshop

Womens' Day was celebrated on the 12th of March. As a part of the celebration, essay writing competition on the topic- 'My experience as a woman and the changes I look forward to' was organized. Ms. Baby and Ms. Sangeetha won the 1st and the 2nd prize respectively. Dr. Jessie Lionel, former Prof. Dept. of Obstetrics and Gynecology, CMCH, was the chief guest. She inspired the students that as a woman they are special in the sight of God.



Dr. Jessie Lionel, resource person Womens' day program

Monthly counselling classes:

to students on various issues pertaining to young adults was conducted by Mrs. Beulah Chandran, senior counsellor and youth advisor.



Mrs. Beulah Chandran, taking counselling sessions

Life Skills training:

Mr. Kumar, senior Director, Annamalai Educational Trust, Chennai visited Pravaham on the 27th of February 2022. He took value education classes for the students on the theme- 'A thing which does not change, does not grow and which does not grow dies'.



Mr. Kumar, Director, Annamalai Educational Trust giving Life Skills training

'Created for a purpose' seminar by Mr. J .Ramesh and Mrs. Ramesh on realizing self worth and achieving their goal in life was conducted on May 27th 2022.

Workshop on 'Crafts from waste' Bead making from newspaper and magazine paper took place on June 5th 2022. Volunteers Mrs. Valli and Ms. Vimala came from Karunailayam to teach the craft to the students of PCC and senior students of summer camp. They taught them to make chains, earrings and bracelet with beads made from waste paper.



Bead work and craft Workshop

Art therapy classes were given to the students for 4 days from 25th July to 28th July by Hannah and Megan Churness and Marilyn. They taught them to paint on rocks and make beautiful butterflies from used plastic bottles. Students were given paints and material to express themselves which they enjoyed very much.



Art Therapy Training

Renovation of the Waiting Shed:

The existing thatched waiting shed was in a dilapidated condition. It was renovated with metal roof and cement flooring. This serves as a waiting area where students meet and talk to their parents. This was inaugurated on the 30th Dec 2021 by Mr. Paul Divakar and Ms. Annie Namala.



Waiting shed

Pathways on Pravaham campus:

In November 2021 mud path ways were replaced with cement blocks so that pathways are even and easy to walk especially in rainy season. We thank the donors for making this possible through their generous support.



Pathways

Generator:

A 25KV Generator was gifted to Pravaham by Mr. Jon and Ms. Jennifer Dietz, friends of Pravaham from Shepherds Grove church, CA, USA.

Pravaham is located in a hilly and forest area. During heavy rains trees fall on the electric lines and the power supply is cut for 2 to 3 days at a stretch. All the programs will be disrupted during that time. After reading about this need from the newsletter The Dietz came forward to donate a generator to Pravaham. We are deeply grateful to them for this generous and valuable gift to Pravaham.



Generator

Recreation Hall:

Old school was renovated in 2019 and it was a wall less hall. In June 2022 it was closed with steel fabricated mesh windows and doors and a small bathroom was constructed in the hall. This was done with funds donated by the family of late Dr. Prakasa Rao, in his memory. The hall is named after Dr. Prakasa Rao and it was inaugurated on the 12th August by Mr. Solomon Namala. We thank Mrs. Swarna Prakasa Rao, Trustee of Pravaham for donating the cost Renovation. The hall will be used for indoor recreational purpose.



Dr. Prakasa Rao Hall

Our sincere thanks 🙏

27

Pravaham continued to accomplish its mission through the challenging period of the second wave of Covid 19 in the year 2021-2022. This is because of the faithful support received from the partners and friends of Pravaham and the faith they placed in our work. Our heartfelt thanks to each one of them for their whole hearted support.

Donors List

CHRISTIAN EDUCATION FUND

GLOBAL MINISTRIES

THE CHURNESS FAMILY TRUST

IRVINE PRESBYTERIAN CHURCH

Ms. SHANTI ERNEST

Dr. JAYANTH RAJIAH

Dr. SELMA SUNIL WHITT

Mr. SAMANTH DAWSON

Mr. DAYALAN CLARKE

Ms. SUSAN MUTHU

Mr. D. B. THOMAS

Mr. E. GIDEON NICODEMUS

Dr. B.J. PRASHANTHAM

Mr. BEN.VENKATESAN

Mr. JOSEPH KEMUEL

Ms. ARLENE SENTHILVEL

Mr. PAUL DIVAKAR

Ms. SANGEETHA DAWSON

Ms.BATHULA LUCY LAVANYA LATHA

Mr. JAYANTH RAJIAH

Ms. GITA DAWSON

Ms. SOMA BIMAL BISWAS

Mr. ZUBIN VINCENT

Mr. VICTOR JAYAKARAN

Mr. CHRSTOPHER RAJAKUMAR

Ms. SUGUNA KUMARI JOSEPH

Mr. PAUL ASVEEN

Ms. RUMI ASVEEN

Ms. PEARL VINCENT

Mr. SUNIL DAVID

Ms. ELIZABETH JAYARAJ

Ms. LUCY SHYAMSUNDAR

Ms. PREETHIKA DOROTHY

Dr. SUREKHA

Ms. BEAULAH DAVID CHANDIRAN

Mr. SAMUEL SUMANTH VALAPARLA

Mr. ARUL DHASS

Ms. ANN ARUL DHASS

Ms. JAYALAITHA (OLD STUDENT)

Ms. V. TAMILARASI (OLD STUDENT)

Ms. ADALINE

Dr. SELVAMANI



- ✦ Our grateful thanks to Christian Education Fund, Kassel, Germany and Global ministries for the kind support extended to Pravaham Community Education Program. Our sincere thanks and gratitude to every donor for their kind contribution, without which the programs of Pravaham wouldn't be able reach to the many beneficiaries.
- ✦ We are deeply grateful to the friends of Pravaham in India, Hong kong, USA and Germany who work tirelessly for the cause of Pravaham.
- ✦ We would like to express our deepest thanks and appreciation to Rev. Fr. Aloysious Irudayam SJ, Chairman of the Board of Trustees of Pravaham, for his excellent leadership and guidance in taking Pravaham forward.
- ✦ Our grateful thanks to all the Trustees of Pravaham for their full hearted support and counsel.
- ✦ Our sincere thanks to the Indian Centre for Research and Development of Community Education (ICRDCE) for the support, resources and training offered to Pravaham Community College for conducting Community Education Program.
- ✦ We extend our deep gratitude to the following health care Institutions who give job placements to all the students of Pravaham Community College.
 - Advantage Home, Bangalore
 - Amazing Love Home, Padapai.
 - Bangalore Baptist Hospital, Bangalore
 - Athmashara Nursing Service, Bangalore
- ✦ We thank the Director and Nursing Superintendent of Christian Medical College Hospital for giving Pravaham Community College students an opportunity to do internship at CMC Hospital.
- ✦ We are deeply indebted to Dr.Prashantham, Director, and Christian Counselling Centre for giving one month training in basic counselling to the Students of Pravaham.
- ✦ We would like to express our sincere thanks to all the volunteers who devoted their time, knowledge and resources to teach various skills to the students.
- ✦ Our sincere thanks to our Auditor Mr. John Ravindran and his team for auditing our accounts and guiding us to understand and comply with IT and FCAR rules and regulations.
- ✦ I am deeply grateful to the team of Pravaham for their sincere and dedicated service to Pravaham. Sincere thanks to Mr. C Ravi for successfully obtaining all the approvals and certificates needed from the government for Pravaham Community College. My Special thanks to Mr.Y.Salomon for formatting and designing of the Annual Report and the News letters.
- ✦ We thank God Almighty for His guidance, provision and protection to Pravaham, whose unfailing love motivates us to build communities of peace and justice.

Lucy Shyamsundar
Managing Trustee

PRAVAHAM

Venkatapuram Village, Via Kavanoor, Arcot Taluk, Vellore District - 632 507
LOCAL ACCOUNT

Income and Expenditure Account for the year ended 31st March 2022

Expenditure	Amount	Income	Amount
I. Community Education Program		Donation	20,15,711.02
Staff & Students Welfare/benefit Expenses	13,340.00	Traning/Seminar/Workshop	4,29,480.00
Convocation and Cultural Event Expenses	26,890.00	Bank Interest	27,247.00
Communication, Printing and Stationary	8,915.00	Renewal and Accured Interest	15,655.00
II. Community Outreach Program		Interest on Income Tax Refund	495.00
Health and Social Awareness Programmes	30,420.00		
Relief Materials	2,430.00	Excess of Expenditure over Income	10,19,538.48
III. Training and Conference Centre			
Program Staff Salary	59,000.00		
Building, Electrical, Farm and Renovation	8,36,317.00		
Travel / Conveyance / Fuel Expenses /	49,354.00		
Maintenance			
Food Expenses	3,16,206.80		
IV. Infrastructure Development			
Pavement work	5,42,616.00		
V. Administration Expenses			
Staff Salary	60,000.00		
Communication, Web, Phone, Printing &	14,549.00		
Postage			
Accounting, Auditing & Bank Charges	12,036.00		
Other Admin Expenses	85,401.00		
Depreciation	14,50,651.70		
Total	35,08,126.50	Total	35,08,126.50

REFERRED TO IN MY REPORT OF EVEN DATE

For J S A S & Associates
 Chartered Accountants
 (Firm Registration Number: 0148595)

John Ravindran Moses
 Partner (Membership Number: 028566)
 UDIN: 22028566AMUTMW2788



Place: Chennai
 Date: 14.07.2022

PRAVAHAM

Venkatapuram Village, Via Kavanoor, Arcot Taluk, Vellore District - 632 507

FOREIGN CONTRIBUTION ACCOUNT

Income and Expenditure Account for the year ended 31st March 2022

Expenditure	Amount	Income	Amount
I. Community Education Program		Foreign Contribution Received	41,87,114.01
Skill Training Expenditure	11,30,000.00	Bank Interest	28,943.00
Academic Expenses	2,08,684.00	Interest on Fixed Deposit	648.00
College/Univercity/Registration/Exam Fee	2,68,075.00		
Food Expenses	9,30,475.50	Excess of Expenditure over Income	8,43,275.99
Hostel Expenses	3,38,000.00		
Convocation and Cultural Event Expenses	42,455.00		
Travel / Conveyance / Fuel Expenses /	98,645.00		
Maintenance			
Staff and Student's Welfare/Benefit Expenses	1,98,304.00		
Building Maintenance/Electricity & Electrical	4,03,673.00		
Maintenance			
Communication, Printing and Stationary	64,165.00		
II. Community Outreach Program			
Health and Social Awareness Programmes	67,604.00		
Relief Materials	2,91,319.00		
Community Organizing Expenditure	1,20,000.00		
IV. Infrastructure Development			
Pavement work	3,47,982.00		
V. Administration Expenses			
Staff Salary	3,72,000.00		
Communication, Web, Phone, Printing &	36,859.00		
Postage			
Accounting, Auditing & Bank Charges	88,415.50		
Other Admin Expenses	53,325.00		
Total	50,59,981.00	Total	50,59,981.00

REFERRED TO IN MY REPORT OF EVEN DATE

For J S A S & Associates
 Chartered Accountants
 (Firm Registration Number: 0148595)

John Ravindran Moses
 Partner (Membership Number: 028566)
 UDIN: 22028566AMUTMW2788



Place: Chennai
 Date: 14.07.2022



Trust Registration Number	-	Reg.No 247/93
PAN	-	AAATP8791P
Registered Office Address	-	No. 297, Venkatapuram Kavanoor Via Arcot TK Ranipet Dt - 632 507
80 G Registration Number	-	AAATP8791PF20083
12A Registration Number	-	AAATP8791PE19962
Darpan ID		

Contribute

Local Contributions

Pravaham

A/c no.10507878408

State bank of India

Vellore Branch (02203) Bagayam.

IFS code - SBIN0002203

Foreign Contributions

Pravaham

A/c No: 00000040109012846

State bank of India (New Delhi Main

Branch) Branch Code: 00691

IFSC Code :SBIN0000691

SWIFT Code: SBININBB104



PRAVAHAM

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Kavanoor Via, Aroct, Ranipet Dist - 632 507.
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