

Ever Flowing Stream....

Newsletter from Pravaham



June 2021

Dear Friends,

Warm greetings from Pravaham

We are sorry for the long gap in sending our Newsletter.

The past year has been a challenging year first coping with the pandemic and then the difficulties faced by the lockdown and finally realizing that this type of situation is going to last not months but years and changed our mind-set to follow the new normal. In spite of many obstacles faced we were able to reopen the community college on the 7th of December and started the new batch with 35 students. We were able to distribute grocery kits sufficient to feed a family of four to 560 families during the first wave and to 230 families in the second wave of covid lockdown .

We were happy that all the students who successfully completed the course found employment. Being in the health sector they were able to work through the lockdown and support the families when other family members lost their livelihood.

You will find in this newsletter special events and programs and also stories from our former students sharing how the training at Pravaham has made a significant difference in their lives.

Thank you for your continued support and prayers which is helping us to carry on the mission of Pravaham.

With warm wishes,

Lucy Shyamsundar



Inauguration of 17th Batch of Community College, Class of 2020-21:

The inauguration of the new batch consisting of 35 students took place on the 17th of December. Mr Paul Divakar Namala General Secretary, Global Advocacy and network and Mrs Annie Namala Director, centre for social equity and inclusion(CSEI), were the Guests of Honour.





Special days & Events

Talents day was conducted for the Class of 2021-22 on the 14th of December. Students exhibited their talents in Singing, Drawing, Dancing, Rangoli and other art works. Each student's talent was recognized and appreciated.



Awareness on special needs in children was given to the students by Ms. Deepika Valaparla. She explained about the spectrum of mental disorders in children, their needs and how to understand them and care for these children.



Cultural programme and Christmas celebrations: Pravaham community college students and parents, staff, along with senior citizens and single mothers from nearby villages participated in this program. Students put up a colourful pageant of dances, drama and skits.



72nd Republic Day was celebrated on the 26th of January 2021. Mr.Y.Kirubahara Daniel, Director of MBKG Pannai, kasam, Vellore was the chief guest. He took the salute at the March Past and hoisted the flag.



Staff get together: The staff of Pravaham had their annual get together on the 23rd of December 2020 at Pravaham. We couldn't plan an outing this year because of the lock down. Mr Samuel Valaparla and Mrs. Deepika conducted games for the staff. Staff had good fun and it was a time of bonding between them. Gifts were given to the staffs by Mr Paul Divakar and Annie Namala.



Work shop on Street plays: Mr.Pawan Kumar Murkejee, Social worker in Low cost effective care unit, CMC, Vellore, conducted a work shop along with the MSW students of Auxiliam college Vellore on how to enact street plays to bring awareness on various social issues to the villagers.



New Year 2021 was ushered in at Pravaham with prayer service, followed by camp fire, singing and dancing. For many students it was first time to celebrate the New Year and they were delighted to have the opportunity to participate in the celebrations.



International Women's Day was observed on March 10th 2021 Ms. Mary Raghuvver Retired Bank Manager, Hyderabad and Dr. Benita Paul, Psychologist were the guests of Honour. Ms. Raghuvver gave an inspiring talk encouraging the students to be transformed from ordinary woman to extraordinary woman by cultivating these five qualities - positive Attitude, courage, dedication, excellence and faith in God.



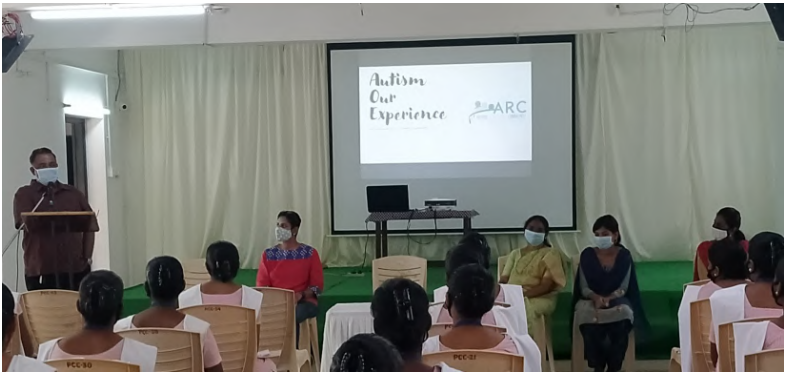
Awareness program on using fire extinguishers and First Aid during fire accidents was given on March 20th 2021:

Mr. K Mageshwaran, Superintendent of District Fire office and his team demonstrated to the students how to protect themselves from fire accidents and how to use different types of fire extinguishers in case of a fire accident.



World Autism Day was observed on the April 2nd 2021.

Mr. Pradeep Jeyathilak, and Ms. Cinu Philip, Directors of Autism Residential Community from Vellore along with Ms. S. Nivetha and Ms. P. Soniya, primary care takers, were the resource persons. Nivetha and Soniya, former students of Pravaham, now working in Autism centre as care takers of the inmates, gave an excellent presentation on Autism spectrum disorder.



On the **World Environment Day** the staff and Trustee Mr. Paul Divakar planted 100 Banana saplings at Pravaham on the 5th of June 2021.



We are happy that all the students of 16th batch class 2019-2020 who completed the course found jobs in the health sector. Many of them are supporting their families at this crisis caused by the pandemic. I am sharing some of the testimonials of our former students.

Ramya completed Diploma in Health Assistant in September 2020. She found employment immediately as Health Assistant at a Senior Citizens; Home in the suburbs of Chennai. She hails from a poor dalit family from a remote village Sattuvanthalangal in Tiruvannamalai Dist. She lived in a half completed house with no doors and windows. Her mother worked hard and built the house but she could not complete it because of the harassment of her alcoholic husband. Ramya was very insecure living in that house. Now she is able to contribute to her mother's income and they completed the house. "It was my dream to live in a house built with cement and concrete. I am grateful to Pravaham for enabling me to realise this dream".



Sharon Jayalalitha :

Sharon was married and deserted by her husband at the age of 30. She returned to her parent's house but she felt that she was a burden to the family. Having heard of Pravaham through her cousin, who passed out of Pravaham community college the previous year, Sharon got enrolled in the



Health Assistant Course. After completing the course she is now working at SMH Hospital at Ranipet.



Sharon says "I never thought that I will find a job during this lockdown. I am so happy that today I am the earning member of my family and I am supporting my mother and father. My brothers lost their job during the lockdown but I am able to help them".



Outreach Programs

Wedding bells for Elizabeth, former student of 2014-15 batches.

Elizabeth after completing her course at Pravaham worked for 5 years at 'Amazing Love Home' for the aged, Padapai, Mrs. Sunithy Jayakaran and Mr. Victor Jayakaran took the responsibility of finding a suitable groom and conducted her marriage. Elizabeth's her father deserted the family when she was a small child and her mother was mentally unstable. She conveyed her heartfelt thanks to Pravaham and all the those who supported her education.



She visited Pravaham on March 1st 2021 with her husband Mr. James and met the students and staff. She shared how Pravaham has enabled her to get the skill and find a job which brought dignity to her life.

Deepika gets an opportunity for higher studies:

Deepika student of 16th batch boarded a bus to go to hennai to start her new job. As the bus was about to start she got the news that she secured a seat in the Schieffelin school of Nursing at Karigiri and was asked to report to college the next day. Her joy knew no bounds. Deepika comes from a very poor family. Her father was crippled in an accident and mother takes up tailoring to support the family of five. Pravaham helped her to apply for higher studies. Her family was a little hesitant to send her for higher studies because of the family's financial situation. But we convinced them that Deepika will have a bright future if she has a Nursing diploma.

Deepika says " I have no words to thank Christian Education Fund, Kassel, for sponsoring my studies and to Pravaham for encouraging me and giving me confidence in myself." Deepika, now completed first year Nursing course.



During the first wave of covid 19 pandemic we were able to distribute dry rations sufficient for a family of 4 for a month, to 561 families in 14 villages who lost their livelihood because of lockdown.

Cyclone 'Nivar' relief program on December 15th and 22nd: Grocery packages worth Rs.1500 were distributed to cyclone affected the gypsy families, who were already suffering from lack of work due to covid lockdown, in Varadesi Malai, Timiri and Panchapandava vermalai villages.



Health visits to the villages:

As Monthly clinic could not be conducted at Pravaham because of the Lockdown our Nursing tutors visited the homes of senior citizen patients suffering from Hypertension and Diabetes and checked their random blood sugars and blood pressure. Medicines were given as per doctors' advise.



The first year MSW students of Auxilium College and Pravaham Community College jointly conducted health awareness programme in Vandikal village. Awareness on "Dental Hygiene and causes and prevention of oral cancer was given through folk songs, skits and film shows.

Random Blood Sugar testing and BP were taken to all those above 45 years of age. 55 people from Vandikal and nearby villages benefitted by this programme.



On April 24th community college was closed and all the students were sent home on government orders of closing the educational institutions because of the 2nd wave.

We are waiting for Government orders to reopen the school.

Relief during the covid 19 second wave : On May 14th, 28th and 31st we distributed Grocery packages consisting of Rice, dhal, oil, soaps and detergents, biscuit packet and Masks to 231 families in 5 villages identified by the revenue department.

Volunteering at the Vaccination drive organized by the Health department of Ranipet on 31st May 2021:
 Our Nursing Tutors, Ms M. Jayashree and Ms. V. Anitha, on the request of the Health department of Ranipet took part in the vaccination drive at Vardesimalai. They assisted in taking blood sugar and blood pressure to the people before vaccination.



Distribution of Grocery kits to the families of our students:

On June 4th and 5th of June Pravaham staff Mr.Ravi, Ms Jayashree , Ms. Anitha and Ms. Sugandhi along with Grace friend of Pravaham visited the homes of all the 35 students and distributed provisions consisting of 25 kg Rice, 2 kg Dhal, 1 lit oil, soaps and Masks. Students and their parents were very happy to see the staff and were thankful to receive the provisions as many of their parents were not going to work because of the lockdown.



“I am **Vijayalakshmi**, student of Pravaham community college. I am the eldest of three siblings. My father carries loads in the vegetable market and most of his earnings he spends on alcohol . He doesn't allow my mother to go for work because of his suspicious character as a result our family suffers a lot. What little my father earned also stopped because of no work during the lockdown. We were eating rice kangee (watery rice porridge) and survived and some days we didn't have that also only Tea four times a day . We were so happy to receive rice ,dhal and other groceries and sanitary items from Pravaham last month. This has helped our family to have proper meals.”



“I am **K Srinidhi**, my father is an auto driver. We are four in the family. Because of lock down for the past 2 months, my father is not able to run his auto. My mother fractured her leg and since then she too stopped going for work, In these two months we struggled a lot. The groceries given by Pravaham came as a great relief. Not only I am able to get free education from Pravaham but my family is also benefitted.”



Pravaham Training and conference centre

Pravaham training centre was closed from April 2020 to October 2020 because of the covid lockdown .After the lockdown was lifted in the last week of October 2020 18 groups comprising 671 persons conducted trainings and seminars at Pravaham Training and conference centre from November 2020 to April 2021. Many trainings and workshops planed for the year could not be conducted because of Corona. The center was again closed from May 2021 because of the second wave of covid.

Thank you for your continued support, encouragement and prayer through these challenging times of the Pandemic. Please keep us in your praye.

Please pray for:

- God's protection on all the students and their families.
- Admissions 2021 -22
- Placements for the present batch
- Senior Citizen's Home to start in Pravaham
- Van for outreach work
- Generator for the school

Contributions can be sent to :

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
 E-Mail Id : fcra.00691@sbi.com

For more information www.pravaham.org