

Ever Flowing Stream

Pravaham Newsletter - July 2023



Dear Friends,

It is a joy to meet with you through this Newsletter and share the happenings in Pravaham during the last six months. Forty students enrolled in 2022-23 batch will be completing the course in August 2023. We are happy to say that Pravaham trained students are in great demand and many Health Care and Service Institutions are approaching us to recruit the students. Our former students and their transformed lives are an advertisement for Pravaham Community College. Many dropout girls/women not only from the neighbouring districts of Vellore but also from the bordering States of Andhra and Karnataka are seeking admission in to our skill training Program. Through community outreach programs we are able to meet the health needs of senior citizens, women and children in the village around. Thank you for your support and prayers, which is enabling us to change the lives of many school dropout girls from the disadvantaged communities to lead an empowered and productive life. I hope that you will get a glimpse of the work of Pravaham through this Newsletter.

With warm wishes,
Lucy Shyamsundar

Updates of the programs conducted - January to June 2023.

New year celebrations started with a thanksgiving service at 11.30 pm, 31st December 2022 followed by singing and fun-time around the campfire. Col.Amirth Raj and family joined the celebration and sponsored a special meal for the students and the community.



Excursion to Chennai and Mamallapuram Beach Camp Site - 27th & 28th Feb 2023.

40 students and 6 staff started the trip early in the morning on 27th of Feb. Students couldn't contain their excitement and started singing and dancing through the 3 hour journey to Chennai. In Chennai they visited all the important places. After visiting Chennai city they went to Mamallapuram campsite on the beach and spent the next day there.



Sports day was organized by Mr. Samuel Valaparla on the 6th January 2023.



Republic Day celebration Flag hoisting by Mr. Shyamsundar



Nurses day celebration, 16th May. Mrs. Lillian Percy Kujur, Nurse Manager, CMCH, Vellore, was the Chief Guest

Someone asked us "Why do you take the students every year, only to Chennai and to the Beach at Mamallapuram?"

Every year we get a new batch of students from the remote villages and for many of them seeing the city and going to the beach is an unforgettable experience. Reading their experiences will give an answer to this. "I have never been on a train before and going on a metro train was totally a wonderful and an unforgettable experience" says Vanmathi from Javadi Hills. "For the first time in my life I saw the sea and the waves and the sandy beach. I find no words to express this beautiful moment." Says Sandhya from Amarthi.



Internship at Rehabilitation Institute, CMC, Vellore, from April 3rd to 28th 2023.



Basic counselling classes from Christian Counselling Centre, Vellore, 5th to 27th April 2023.



Rotary Youth Leadership Award (RYLA) Program organized by Rotary club of Vellore, Golden City and Pravaham Community College on the 6th of May 2023.

Ms. Mangaiyarkarasi, Inspector of Police, Thimiri was the chief guest and Rtn.C. Sivaprasadan President and Rtn.D.K Manoharn, Rotary club of Vellore were the Guest of Honour.

Eminent speakers gave talks on the following topics - Legal aid and Ethical Skills for Women by Mrs.R. Radhika, Advocate, The Leadership Skill and Personality Development by Dr.P.N Sudha, Communication Skills and Time management by B.Surya Prakash and Team building and Problem solving by Dr.Perumal. It was an impacting and motivating program for the students.

Women's day was celebrated on the 12th March at Pravaham, along with the mothers of our students and women from the villages around Pravaham. Mrs. Kamatchi.P, Tehsildar, Disaster Management, Ranipet Dist. was the chief guest. She inspired the rural women not to conform to old beliefs and traditions but to gain awareness and knowledge and motivated them to educate the girls in the families.

The participants had a time of great fun taking part in the games. Many said that they never attended a women's day celebration before.



Book release of Tamil translation of the book 'Hand book of First Aid' written by Dr. Vivian Churness and Ms. Lalitha Verghees and translated by Dr. S. Padmavathy, Principal of Dhanavantri College of Nursing, Dharmapuri, was released at Pravaham Community College, on 19th June, 2023.

Dr.Vivian Churness gifted the books to all the 40 students and they were very happy to receive their personal copy. Dr. Shirley David, former Prof. and Head, medical surgical nursing, CMC was the Chief Guest.



Exit Seminar was conducted by Mr. Vasanth Joseph, Madurai on the 30th of June. He talked on the importance of values which were to be carried forward and implemented when they start their career.



Stories of Success of our former students

Deepa .V Batch 2021-22

“Coming to Pravaham changed my life..... from hopelessness and disappointment to joy and fulfilment.”



“I was disappointed and frustrated with life but Pravaham helped to change my situation. I am happy that I am able to earn and support my family and lead a dignified life. I am grateful to my sponsors for giving me the opportunity to study at Pravaham and turned my hopelessness in to joy”

Deepa comes from a small hamlet in Jawadi Hills, a remote tribal area in Tiruvannamalai Dist. about 60 km from Vellore. She is the eldest of 3 siblings. Deepa's father is an alcoholic and mother works as a labourer in the fields and feeds the family.

Seeing her desire to study, a local social worker helped her to get admission in to a boarding school in Vellore. She was the first literate in her family. She passed class 12th and did some courses but did not find any job. Frustrated and disappointed she worked as a daily wage labourer in a Mobile factory near Chennai.

Deepa was 22 years when she joined Pravaham having heard about it from a community worker in CMC. She completed the course in 2021-22. She is now working as a Nursing Aide at a reputed Health care institute, in Bangalore.



turned my hopelessness in to joy”

Surya Begum(2021-22)

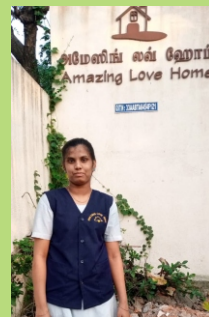
“Pravaham to me is a place of safety and security and where I received my peace”



“I experienced peace and felt safe only after coming here. It not only helped me to stand on my own feet but also brought hope and happiness to our family. I am now helping my mother to repay debts and supporting the education of my younger sister” says Surya

16 year old Surya Begum completed class 10 with good marks and had dreams like any other girl to study further. But her mother put a stop to this because of family's financial situation and wanted to send Surya for work. Father works in a stone quarry, breaking stones and is an alcoholic.

Because of this family went into huge debts. Father used to get drunk and abuse his wife and two daughters. Unable to bear this torture they used to run away from home and take shelter in their grandmother's house. At this juncture Surya's mother heard from her friend about Pravaham community college and admitted her. Surya completed the course in 2022. She is now working in Chennai as a Health Assistant.



Rubini.B (2019-20)



“Pravaham is a turning point in my life ...a turn towards a fulfilled life. My life was hopeless before coming to Pravaham. Now I am able to give hope to my mother and brother and take care of them”

Rubini lost her father when she was a month's baby. Her mother worked as a daily wage labourer at a construction site. She couldn't take care of her children, so she left Rubini and her brother in an orphanage when they were very young. Rubini, failed in Class 12 and couldn't go to college. It was a big disappointment for her as she was hoping to do higher studies, find a good job and take care of her mother.

.She was afraid that she would have to work as a labourer like her mother.

Coming to Pravaham was a turning point in her life. She gained confidence in herself and a hope for the future. She completed the course successfully and is now working in a Health service organization in Chennai. She visited Pravaham and shared her success story with the present students. She gave a donation of Rs. 5000 towards student's scholarship for another poor student like her to study at Pravaham, God bless her!



Volunteers' contribution of Pravaham

Pravaham students have the opportunity to learn as well as have rich exposure from friends and well-wishers who volunteer from different parts of India and abroad to teach, listen, counsel and interact with the students. We thank each one of them for giving their time and skills and being a blessing to Pravaham.



A session on good governance and the responsibilities of students in the village administration by **Ms. Annie Namala**, Director, Centre for Social Equity and Inclusion, New Delhi, on 5th January 2023



Counselling and Value education sessions by **Mrs. Beulah David**, Vellore conducted every month.



Craft Class by **Ms. Jenniefer Dietz, USA** on Feb.19th 2023



Class on Geriatric Dentistry, by **Dr. Gladwin Khanpur, Dr. Sylvia and Dr Sanchitus, CMC**, Vellore on the 2nd of February 2023. Free Dental checkup was done for all the 40 students



Cake Baking class by **Mrs. Deepika Valaparla**, Bangalore, 12th May



Emergency care and First aid class by **Mrs. Irene Florence, Mr. Mukhilan, Mr. Gokul and Mr. Silambarasan.P**
Department of Emergency Medicine CMCH, Vellore. 19th May 2023

Art & craft work sessions, spoken English, singing and fun activities were conducted by **Vivian Churness, Cece Zelenski, Marylin Amriott, Hannah Churness, Ben sides, Caleb Churness and Mathew Floyd**, who visited Pravaham from San Pedro, USA from 14th to 20th June 2023. They brought all the craft material for girls and the girls had the most enjoyable time doing the projects and interacting with them.



Basic Life Support class by **Mr. D.T. Amul Raj, Critical care therapist, R. Christina Joycelin, and Mr. Ganesh** from MICU, CMCH, Vellore. 9th May 2023



English Grammar Class by **Mrs. Shobini Prabhakar**, English Teacher, Kaniyambadi High School, Vellore on the 29th of June.



Spoken English Classes, 27th and 28th June by **Mrs. Florence Premkumar**, Retd Teacher, Bishop Cotton Girls' School, Bangalore.



Memory Skill training by **Mr.Vasanth Jacob**, 30th June 2023.



Dr. Winsley Rose and Dr.Anu Rose, CMCH volunteering at Monthly medical camp at Pravaham.



Periodic Checkups for staff and students by **Dr. Surekha**, CMCH

**'Pravaham... A threshold to a bright future'
Testimonies of the students of the present Class 2022-23.**

Abirami



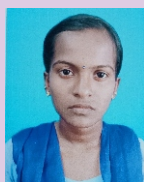
"I am Abirami, 15 years old and the eldest of 3 siblings. My Father is a mason and he squanders the money he earns on alcohol. My mother works as daily wage labourer and supports the family. When I completed class 10, my parents decided to get me married as I was considered a burden to the family. Fear gripped my heart. I cried and begged them to let me continue my studies, but they did not relent.

I knew it is not legal to get married before 18 years of age. So I informed my class teacher that my parents are forcing me to get married. She in turn informed the police and they rescued me. I was taken to a government hostel run by Women and Child welfare department. From there I was sent to Pravaham Community College.

I thank God for bringing me to Pravaham. This one year at Pravaham taught me so many valuable lessons of life. I gained self-confidence and courage to stand on my feet. I am looking forward to working and helping my family. My father and mother also realized their mistake and are now happy that I am at Pravaham. Please remember me in your prayers"

Abinaya.P

"Pravaham gave hope and meaning to my life."



"Will my desire to study and get a decent job be fulfilled? Will I be able to help my mother, who works hard as a sanitary worker, cleaning the streets of my village with her bare hands?" These questions tormented me one year back.

My name is Abinaya. I have completed class 12. Both my father and my older brother are drunkards. They go for work but spend all the money on alcohol. They don't give any money to support the family but beat us up if the food is not kept ready for them. Our family runs on my mother's salary. She works as a sanitary worker in the village panchayat. My mother studied till class 10th and her desire is to educate her children and get good jobs. As my father did not cooperate with her, she did not have the money to send me to college. After I passed my class 12, I was at home and I thought I will work as a daily wage worker and help my mother to run the family.

At this juncture, I met Sandhya an old student of Pravaham from my village, which changed the course of my life. She told me about Pravaham and helped me to get admission in Health Assistant course. I am going to complete my course and go to work as a Nursing Aide, shortly. I have no words to express my gratitude to Pravaham, for giving me hope when my life was in a desperate situation."



Community Outreach Programs

Along with our staff, we also involve all our students in outreach programs in order to encourage them to serve, share and work for the betterment of the community.

Free Dental camp, for senior citizens was organized on the 2nd of February 2023 by Dr. Gladwin Khanpur, Dentist, Dr. Sylvia, Dr. Sanchitus, from, CMC Hospital, Vellore.

No. of Beneficiaries: 25 senior Citizens.



Skill Training Program Tie & dye printing & designing and fabric painting by Mr. Paul Dass, proVISION India, on 22nd April 2023 Ms. Shyamala who attended the skill training program said that this was of great benefit for them and helps to earn extra income for the family.

No. of Beneficiaries: 41



Summer camp for rural children from 22nd to 27th May, 2023 for village children from 1st to 12th standard attended the program. Spoken English, Craft, Computer and Singing sessions, Value education classes were given to all the students.

No. of Beneficiaries :101



Monthly Medical camp at Pravaham campus. Dr. Winsely Rose and Dr. Anu Rose give free consultation to the patients in and around Pravaham once every month. Every month an average of 45 to 50 patients are benefitted through this program.



Senior Citizen Support Program for the 30 senior citizens, above 75 years, from villages around Pravaham is conducted every second Saturday of the month.



Pravaham helped 8 persons suffering from cataract to get Free **Cataract Surgery** at Dept. of Ophthalmology, CMCH.



World Environment Day was observed on June 30th. Mrs. V. Jayasri, Block Development Officer, Thimiri, Ranipet- Dist. was the chief guest. 30 trees were planted along the main road in Venkatapuram Village.



Health Awareness Camps - were conducted in and around Timiri Panchayth and also in the villages of our students.



• at Thanakulam and Kavanur villages on Women's day, March 8th, 2023 No. of beneficiaries 104.



• at Villapakam, on Mother's Day May 6th 2023 No. of Beneficiaries 65 mothers



at Mutharasikuppam Village Road junction, May 30th 2023

Health camp in Jawadi Hills, May 13th 2023,
No of beneficiaries: 110



at Jamunamatthur



at Dathakuppam



at Periyaverapattu

Visitors to Pravaham January - June 2023

Many friends of Pravaham took time to visit us and interact with the students and staff. Our sincere thanks to all of them.



Rev. Philip Aseervadam's family
7th January, 2023



Faculty and students of Colombia theological
seminary, U.S.A. 9th January 2023



Dr. Dayalan Clarke, U.K.,
14th January 2023



Mr. Jon & Ms. Jennifer Dietz, USA at the Generator
they donated to Pravaham, 18th Feb. 2023



Mr. Thammayya. P.K, consultant at Ramoji
Film City, Hyderabad, 25th Feb. 2023



Mrs. Daya Durai, U.K. 31st March 2023



Ms. Lian Law, Nurse, Australia,
and Mrs. Grace Moses visited Pravaham.
22nd March 2023



Ms. Lavanya Rao, film Director and Editor, Chennai,
Ms. Pricilla Paul, Retd Teacher & writer, and Ms. Hepsi
April 29th



Mr. Nivin George, Engineer, Mrs. Nidhi Ommen,
Architect, Bangalore, accompanied by Mrs. Suja
Philip and Roshan Philip, Formations, Vellore
1st, May, 2023



Mr. John Ravindran, Chartered Accountant,
JASA Associates, Chennai, 25th May 2023



Mr. Tolbert Dawson & family, Tirunelveli
25th June 2023



Mr. Thirukumar Vedhanayagam
and Mr. Jeevan, Bangalore.

Team Outing to Mysore and Coorg

Pravaham team went on a 3 day trip from 17th to 20th January 2023 to Mysore and Coorg, after a gap of 6 years. It was a wonderful time of bonding, fun and adventure for the 11 staff who went on the trip. They came back refreshed and rejuvenated.



at Mysore Palace



at Dubare elephant camp



at Abbey falls, Coorg



at Coorg Vismaya

Thank you for your prayers for Pravaham. We requested prayers for 10 students to receive sponsorship for the training at Pravaham, in our Newsletter, Dec. 2022 . God in an amazing way met the need and we thank all the friends who came forward to sponsor the students.

Please pray for -

- the students who are writing their final Exams and for their placement
- admissions for the academic year - 2023-24.
- good health and protection for all the students and staff.
- for a Driver, Maintenance Staff, Assistant Hostel Supervisor to work at Pravaham.
- the plans to start a Primary Health center and Senior Citizen Home at Pravaham

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



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