

Pravaham

Bishop Anandarao Samuel's Community For Peace And Justice



ANNUAL REPORT 2018 - 2019



Our Vision

The vision of Pravaham is the realization of the full potential of the oppressed, the marginalised and the 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.



Our Mission

- ★ To educate, train and empower dalits, women and other marginalised 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 .



Our Beliefs

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.



**Board Of Trustees
2018-2019**

Fr.Aloysius S.J	Chairman
Mrs.Lucy Shyamsundar	Managing Trustee
Mr.Yaseva	Trustee
Mr.N.Paul Divakar	Trustee
Mrs.Swarna Rao	Trustee
Mrs.Ann Rajkumar	Trustee
Mrs.Mariamanna Wilson	Trustee

Our 25 year Journey - 1993-2018

1993- 1994



Bisop. Ananda Rao Samuel

Pravaham is the realization of Bishop N. D Ananda Rao Samuel's dream for a community of people bound together by the love of God reaching out in search of justice, peace and love.

A Trust was registered in 1993 in the name of 'PRAVAHAM'

The founding members of the trust:

Bisop. Ananda rao Samuel, Paul Divakar, Dr. M. Abel, Mrs. Meena Prashantham, Dr.Rev. Frankilin Balasundaram, Ms. Suguna Devasundaram, Dr. K.C. Abraham.



1995- 1996

PROGRAMS

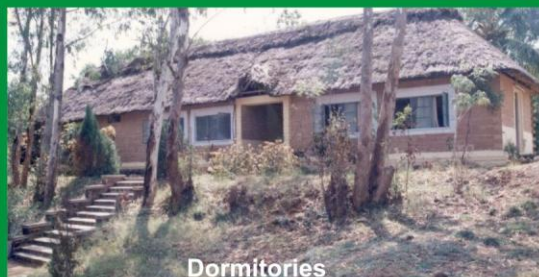
- + Training & Retreat center:
- + Trainings for Rural Teachers
- + Cultural and Art work shops
- + Family Counselling programs



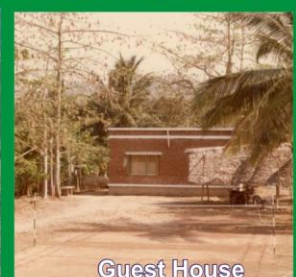
INFRASTRUCTURE DEVELOPMENT



Community Hall



Dormitories



Guest House

1996-2003

PROGRAMS

- * English Medium primary School 1997
- * Training program for Teachers
12 program 84 participants
- * Back to school Programme for dropouts
4 program 84 participants
- * Supplementary school programme
4 centers students 84.
- * 2003 - Pravaham School Closed due to lack of funds and leadership .



INFRASTRUCTURE DEVELOPMENT

Construction of wall less school building 1996.



PROGRAMS

- * Pravaham Community College
for rural School dropout girls
- * Health Awareness Program
26 program 1556 participants
- * Medical camps
22 Camp 3026 Patients
- * School outreach Programs
32 Programs 1267 participants

2004 - 2009



INFRASTRUCTURE DEVELOPMENT



Bishop sundar Clarke Cottage 2007

Gust room first floor

2010 - 2013

PROGRAMS

- ✦ Program for Education and awareness building:
10 Tuition centers 2080 Students served
- ✦ Tuition Centres in vellore district
3 Centers 90 students
- ✦ Health Awareness Camps
7 program 112 participants
- ✦ Medical Camps
6 camp 300 Patients
- ✦ Community Education Programs



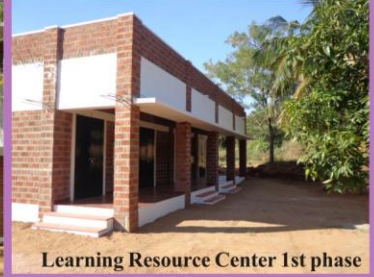
INFRASTRUCTURE DEVELOPMENT



Dining Hall and Kitchen



Adding first floor to Bisop Sundar Clarke Cottage



Learning Resource Center 1st phase



Gold Medal for PCC Students

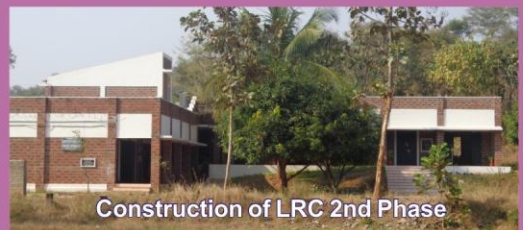


2014 - 2016

PROGRAMS

- ✦ Community Education Programs
- ✦ Health Awareness camps
5 programs 363 participants
- ✦ Medical Camps
5 camp 569 Patients
- ✦ Trainings and seminars
128 program 3229 participants

INFRASTRUCTURE DEVELOPMENT



Construction of LRC 2nd Phase

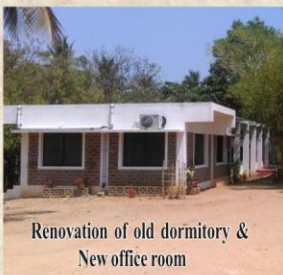
2017 - 2018

PROGRAMS

- + **Community Education Programs**
- + **Community Out reach Programs**
12 program 909 participants
- + **Medical camp at pravaham**
875 patients benefitted
- + **Training and seminars and workshops**
114 program 3835 participants



INFRASTRUCTURE DEVELOPMENT



Renovation of old dormitory & New office room



New class room added to LRC



Silver jubilee Gate



Renovation Of Pravaham Community Hall.

Our future Plans

- + Senior Citizens's Home
- + Primary Health Centre
- + Expanding Pravaham Community College
 - To introduce more vocational courses
 - Community college for boys.

Annual Report

2018 - 2019



Pravaham

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

Web : www.pravaham.org
E-mail : pravahamcc@gmail.com
Phone : 9585115304

297, Venkatapuram, Kavanoor post, Arcot Tk, Vellore Dist - 632 507

PROGRAMS

Community Education Program

School dropout girls from rural areas belonging to marginalized and under privileged communities are given vocational and life skills. This is a one year residential program which is given free to the students.



Community Outreach Program

Pravaham reaches out to many children, youth and women in local villages through this program, bringing awareness in the areas of health, education, child rights and personal and environmental



Training and Conference Centre

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, churches, groups and families to conduct training programs, seminars and workshops.



Community Education Program

Graduation Ceremony :

The class of 2017 -18 consisting of 40 students graduated on the 1st of September 2018. Dr Anbu Suresh, Director of Scudder Memorial Hospital, Ranipet, was the chief guest for the graduation ceremony and Mr. Rene Ferrier, Deputy Sheriff, Orange County, LA, USA, was the guest of Honour. Graduates and prize winners were congratulated for their achievements and encouraged to aim high overcoming challenges. They were also advised to promote and imbibe the values and qualities learnt at Pravaham.



Community Education Program



Campus Interviews and Placements:

Four Health service providers from Chennai - Amazing Love Elderly Care Home , Padapai, Radiant Health Services, Alisha Nursing Home and Emmanuel Methodist Church Senior Citizen's Home from Chennai, visited Pravaham on the 1st of September and conducted interviews. All the students who graduated found employment and have been successfully working in these institutions and supporting their families.

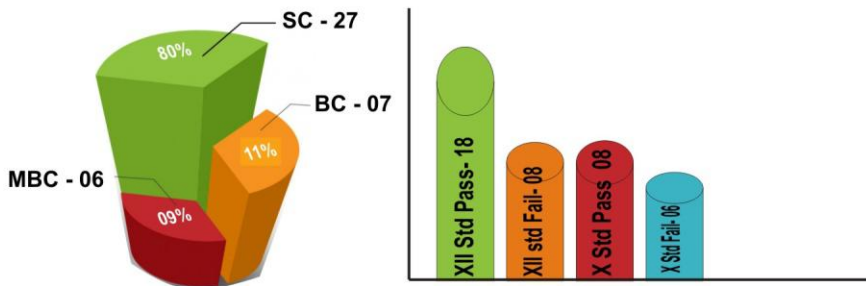


Class of 2018-19, 15th Batch of Pravaham Community Education program:

Admissions for the academic year 2018-19 started in the month of May. Out of 54 applications received 40 students were selected. orientation classes started on the 1st of August 2018.



Class statistics: Total number of students - 40



Inauguration of the 15th Batch

took place on the 1st of September 2018. Mr. V.Vijayakumar, Retd. Bank Manager and Evangelist from Hyderabad, inaugurated the 15th batch with a prayer.



Pravaham is truly a community without boundaries of caste, class and religion.

It is a place where everyone live as one family- a family of God. We have students from the dalit community and other castes. Meena, a dalit girl could not step into the house of her upper caste friend Damayanthi. But after coming to Pravaham the mind-set of students change and they begin to live, eat and do things together. When Damayanthi went back to the village she had the courage to take her friend Meena in to her house and offer her food in the plates used by the family. She even convinced her grandmother, who objected, that everyone is created in the image of God and all are equal in His sight.



Academics :

Two streams of vocational training was given to the students. Those who passed class 12th were enrolled in Tamil Nadu Open University, and class 11 and below were enrolled in the National skill development corporation - non funding scheme. Pravaham Community College obtained affiliation to NSDC from the year 2018. We are grateful to Indian Centre for Research and Development of Community Education (ICRDCE) for facilitating this program.

Resource support

Pravaham Community College receives resource support from institutions like ICRDCE, NSDC, Christian Medical College Hospital (CMCH), Christian Counselling Centre (CCC) ; Vellore and also from professionals and experts of various fields who visit pravaham and take classes for the students.

Orientation on NSDC (National Skill Development Corporation) under Non Funding scheme was conducted by ICRDCE in Chennai for all the community colleges on the 6th of June 2018. Ms.Jayashree, senior tutor of PCC, attended the program. Details of 38 courses offered under the NSDC scheme were provided.

One day workshop and training on the syllabus and assessment for the courses conducted under NSDC was organized for the teachers by ICRDCE on the October 7th 2018. Ms.Anita kumari, Ms. Selvi Dayalan and Ms.Kowsalya, Tutors of PCC, attended the training program.

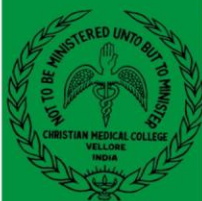
ICRDCE Teachers' Training Program: Ms. Anitha Kumari, Tutor PCC attended the training for 6 days from 10th to 15th September 2018. The training was resourceful and enabled the teachers to train and motivate the students in creative ways.

Visit to CMC Hospital :

Students were taken to CMC to see the functioning of a multi speciality hospital. They gained valuable information on the workings of a hospital and the importance of Nursing care.

Internship at CMC Rehabilitation Institute:

After eight months of training at Pravaham, students of Health Assistant Course went to Rehabilitation centre, and CMC to gain hands on experience in nursing skills from the 1st to 28th April, 2019. They had the opportunity to learn and practice various nursing skills under experienced nurses. They also had the opportunity to visit the Occupational Therapy, Speech Therapy and Physiotherapy departments.



Training in basic counselling was given to the student by Christian Counselling Centre, Vellore for 4 weeks starting from 1st April 2018. Dr Prashantham, Director of along with his staff misted pravaham on 28th march 2018 and took an orientation class for the students. Students were given excellent counselling by experienced counsellors, Mr. Sapnasundar and Ms.Vepalu. They also counselled the girls individually instilling in them self-esteem and self-worthiness.



Classes by visiting resource persons:

★ **Art therapy classes and workshop** on creative expressions was conducted by Ms. Christie VanVugt from 17th August to 16th September 2018. They projects were Mundalas, positive affirmation dolls, and the exchange kindness notes. The butterfly was used as a theme for transformation. Conducting the course at the beginning of the academic year helps students to unwind, release anxiety, and learn to work both independently and in groups. Christie's gentle and friendly approach encourages each girl to gain confidence and self-esteem.



★ **Health Inspectors** Mr.Palani and Mr. Neethipathi Rajan gave a lecture on infectious diseases, on October 2018 stressing on the spread of Dengue and malaria by mosquitos they were also trained to identify the symptoms in the patients and the precautions to be taken to contain spreading of the disease.

★ **Class on Oral hygiene and mouth care** was taken by Dr. N. Sweety, a dentist at Vellore, on September 9th 2018. She also gave free dental check-up for all the students.

- **Mr. Jothilingam from Indian Centre for Research and Development of Community Education** visited Pravaham community college on the 5th of February 2019 and briefed the students about National Skill Developmental Council (NSDC) obstacles. He also motivated the students never to be satisfied with a basic diploma but to pursue higher level of skills.



Mr. Jothilingam

- **Ms. Abigail Black, a student from UK** visited Pravaham and spent two weeks interacting with the students. It was a great opportunity for the students to practice talking in English and to learn the culture of England.



Ms. Abigail Black

- **Dr. Vivian Churness, from USA** spent 4 days with the students from 21st to 23rd February 2019 and taught them English through stories written in simple language. Students improved their vocabulary and pronunciation. They also learnt to communicate effectively in English.



Dr. Vivian Churness

- **Mr. Paul Dass founder of Provision, India,** visited Pravaham on the 24th Feb and also on the 25th July. He discussed various opportunities for students to learn craft from the locally available materials which can enable them to get extra income. He also took a session for the students on taking wise decisions and not to fall into traps that lead to sin and shame.



Mr. Paul Dass

- **Ms. P.A Lucia, an activist and lawyer** addressed the students and on 30th March 2019 sensitized them on human rights especially rights of women and children, on the . This was very helpful for the students and gave them insights on standing for their rights.



Ms. P.A Lucia

- **Dr.J Prakasarao , a former professor of Physiology** visited Pravaham on the 5th of April and took a class on skeletal system for the students. Students had a good understanding of the important bones and muscles in the body and their functions.



Dr.J Prakasarao

- **Exit seminar** for the outgoing students was conducted on the 23rd and 24th of July by Mr.Arun Henry. He dealt with many topics which were very helpful to the students like - how to face challenges in the work place use of social media , suicidal tendencies, depression, stewardship in the finances, selecting a life partner and leading a life pleasing to God.



Mr.Arun Henry

- **Class on practical care of Geriatric patients** was given by Ms. Lucy Samuel, Senior Nursing consultant and former director of Nursing at King Saud hospital. It was a privilege for the students to learn from a nursing expert.



Sr. Lucy Samuel

- **Mr.Jayakumar, Zoology teacher in SDA school** with many years of experience in teaching, took classes in Basic science for the students of PCC. He made it very interesting, simple and easily understandable for the students with visual aids.



Mr.Jayakumar

- **Awareness talk on sexual harassment especially at work place**, their rights and how to prevent and protect oneself was given by Mrs.Deepa Ravi Kumar ,Chennai on the 7th of May 2019.



Talents Day was conducted for the Freshers. All the students took part with great enthusiasm. They had fun, exhibiting their talents in singing, dancing, acting, drawing and Rangoli.



Independence Day was celebrated on the 15th of August with flag hoisting and a cultural program. Mr Charles, former principal of Voorhees High School, was the chief guest.



Founder's Day was celebrated on the 30th of September 2018. The founder Bishop. AnandaRao Samuel and other members who worked towards establishing Pravaham were remembered for their vision and commitment. Respects and tributes were paid to them by the Managing Trustee, Rev. Devadoss and Ms. P.A. Grace. Mr. Durai Jasper, Public Relations Officer, CMC was the chief guest.



Deepavali sweets and gifts were distributed to all the students and staff by Dr. Narmada Ashok of Nalam Hospital, Vellore and her family on 5th November 2018. The gifts were sponsored by Shri. SonuVaswani, CEO of Koshambh Mutitread Pvt. Ltd.



Silver Jubilee Celebrations of Pravaham



Pravaham, a Community for Peace and Justice started in 1993, by Bishop Ananda Rao Samuel has completed 25 years of its service to the community. On the 17th of November 2018 Silver Jubilee of Pravaham was celebrated.

The day-long celebrations started with a thanksgiving service in the morning at Pravaham Chapel. The trustees, staff and old student of Pravaham shared on God's faithfulness to Pravaham all through these 25 years and enabling it to continue in spite of many challenges. The service rendered by Bishop Ananda Rao Samuel and other founding members were remembered. Mrs. Anne Raj Kumar, Trustee of Pravaham, gave an inspiring message on 'God's call and our response'.

A gate to Pravaham was built to mark the Silver Jubilee and it was inaugurated by Ms. Christine Donald and Lady Eileen McDonald of University of Strathclyde, Scotland on the same day.

A new class room donated by Mrs. Purviz Shroff, Hong kong, was added to the Learning Resource Centre. This was also opened on the same day by Ms. Sonia Gurnamal.

A photo exhibition depicting the 25 year history of Pravaham was displayed which documented how God transformed the barren land and straw roofed buildings to a lush green campus with many beautiful buildings and how its programs reached out to the marginalized and deprived.



Pravaham Theme song composed by Mrs. Priscilla Paul for this special occasion and sung by her daughter Beryl Natasha, a popular Tamil Gospel singer, was released on same day.



Later in the evening we had the Silver Jubilee celebration which was attended by many friends, partners, and well-wishers who came from different parts of India and after soon by some old students and the community of Pravaham..



Mr. Bezwada Wilson, National convenor, Safai Karamchari Andolan, was the chief guest for the occasion. Dr. Prashantham , Mr and Mrs. Nanik Gurnamal were the guests of Honour.

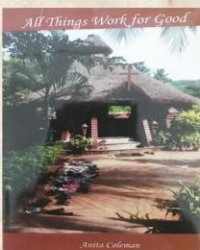


A documentary film, made by Fr. Michel Raj, on the 25 years of Pravaham and its impact on the society was shown.

Pravaham students presented a colourful cultural program. Pravaham honoured the staff and volunteers of Pravaham who put in more than 10 years of service. The program ended with fellowship dinner.



Silver Jubilee Publications : Two books, "Stepping Stones" and "All things work for good" written by Dr. Anita Coleman, Author and Professor of Library Science and a friend and supporter of Pravaham, were released to commemorate the 25th anniversary of Pravaham.



Cultural program and community Christmas celebration was held on the 8th of December 2018. Mr. Arun Henry, a Chemical Engineer from Chennai, was the chief guest and delivered the Christmas message. Pravaham Community College students put up a cultural show of dances and skits which was much enjoyed.



Republic Day Celebrations On the 26th of January 2019, Republic day was celebrated by students and staff of PCC. Mr. Vedamuthu, Block Development Officer of Timiri Panchayath hoisted the flag and addressed the students on the protection and safety of the girl child and their rights as citizens of India. S. Sai Priya, student of PCC gave a speech on the significance of Republic day and S. Renuga Devi spoke on the life and contribution of Dr. Ambedkar to the Nation.



Sports Day was conducted on the 22nd of February 2019. Students took part in various games like throw ball, Kho-Kho, and running race and hurdles, They had good fun participating in the sports. Ms. Abigail Black gave away the prizes to the winners.



Rotract Club was inaugurated on the 8th March 2019. The office bearers of Rotary Club, Vellore, golden city were present and new members were inducted into the club. S.Renuka Devi was selected as President, as N. Aathilakshmi as secretary and E.Indhumathi Treasurer.



Excursion and exposure trip to Chennai and Mahabalipuram:



The annual trip to Chennai and to the beach town of Mamallapuram was arranged on the 25th and 26th of March. Students had a memorable time going on the Metro rail for the first time. They spent the day visiting prominent places in Chennai. An overnight stay at a beach campsite was great fun. Students had an enjoyable time playing on the beach. The next day morning they visited the ancient town of Mamallapuram seeing the sculptures and the sun temple. The highlight of the trip was visit to the Sea Shell museum, which houses Asia's largest collection of sea shells. They said that it was the most memorable trip of their life.



World Environment day was observed by planting trees and creating awareness on conserving water. 'Tippy Tap' was made by Satya and Renuka, students of Pravaham, as an initiative to save water using used water bottles and injection syringe.

Green House is an initiative of Pravaham towards a Green world. In 2017 Jon and Jennifer Dietz visited Pravaham and Jon helped us build a dome. This we converted into a Green House. Pravaham has a wide variety of plants and we are able to multiply many of our plants. Each of our students planted a sapling in Pravaham to replace the few trees cut to make room for the new hostel building. We are also encouraging people who visit Pravaham to take a sapling for a small donation and plant it in their garden or in the surroundings where there are no trees.



Trek to Zion Hill near Nangamangalam

On the 31st of May students and staff set off early in the morning on a trekking trip to Zion Hill near Nangamangalam, Chittoor District, Andhra Pradesh. It was an exhilarating experience for all.



Stories of Impact

Aathilakshmi:

I am Aathilakshmi from, Valathi village about 80 km from Pravaham. Though I have parents, I never experienced the love of father and mother.

My father and mother were separated when I was young My mother left me when I was 2yrs old and went away. My father married again but my stepmother refused to have anything to do with me. He left me with my grandmother and went away with his wife. He lives in the same village but never speaks nor cares for me. My grandmother, in her old age worked hard as a house maid and sent me to school to give me a good future. But in class 12, I failed and my dreams of a good life crashed. I felt I was a burden to my grandmother and I started working in a shop to help her financially. I used to cry bitterly when I saw my friends who seemed so happy and studying in college. I even attempted suicide but failed to die. At this point I heard about Pravaham from my Pastor. He helped me admission get into Pravaham.

This has truly been the turning point in my life. For the first time, I felt very happy to be with young girls of my age, who also come from difficult circumstances. I started experiencing the love that I longed for from my teachers, friends and the whole community of Pravaham. Pravaham helped me bring out my talent in dancing. I love dancing and I am so happy that I performed for the first time on stage for our cultural program. I am eager to go to work and take care of my grandmother. I thank God and all those who helped me study at Pravaham and for giving me a new life and a bright future.”



Mahalakshmi:

At times I get a feeling that I am not a lucky person. My mother passed away at an young age of 34 with sickness as we did not have money to pay for the treatment. After a few years my father working on a construction site fell down and fractured his back. Since then he could not go for work. It was a big struggle for us to make ends meet. Many a times we went without food . My brother, who was 12 years old and I did odd jobs. My uncle also used to help us. With great difficulty I studied up to class 12 but I failed in my exams. I was so eager to study but knowing my family situation I did not want to stress my father. My uncle came to know about Pravaham through two girls who were enrolled in the program. Since it was free he and my father let me join the course.

I thank God for bringing me to this beautiful place, Pravaham. I got all the love I longed for. I learnt so many things useful for life. I now have new hope that I will have a good future . I have completed the course and I am eagerly looking forward to going to work. I will earn and help my brother to study.



Preetha.R:

I have no happy memories of my childhood. My father was an alcoholic and never supported the family. Every day there were fights with my mother. After a few years, he passed away leaving us in debts. My mother worked hard carrying bricks on the construction site. For every brick she carried she was paid only one rupee and every day somehow she used to carry 100 to 150 bricks and helped my brother and I study. I have an older brother and he works to help family. When I finished my high school with good marks, I expressed my desire to study diploma in Nursing . Though we could not afford my mother and brother took a loan and paid the fee. I joined a nursing college with a lot of hope and enthusiasm for a bright future, without realizing I had fallen trap to an unscrupulous educational institute whose main goal is to make money. I completed the first year of the course and my mother couldn't pay the second year's fee. We pleaded with the college authorities but they sent me out of the college and did not give my certificates. With shame of being chucked out of college, money wasted, and no certificates, all hopes crashed and I went into depression. At this time my uncle told my mother about Pravaham, where his daughter studied.

Coming to Pravaham is the best thing that happened to me. They were sympathetic to me and gave me admission. I got back my certificates and now I am looking forward to going to work. I want to earn and relieve my mother from the arduous labour of carrying bricks and give her rest.

**Kavya. K:**

I am 16 years old from a village near Vellore. Since the time that I can remember from my childhood there is no peace in my house. My father is a driver, with no permanent work whatever he earns, he spends it on alcohol and friends. Because of this my father and mother quarrel a lot and my mother gets beaten . Our family was in deep debts. People whom we owe money used to take things from our home when we delayed paying interest. My mother goes for work and takes care of us three children. We children huddle together and cry when my parents fight. Life was a constant struggle for us Many a times I was frustrated with life even tried to commit suicide. All that I knew was to fight and quarrel for survival. With all this I couldn't concentrate on my studies and I failed in class 10. It was frustrating to stay at home. At this time my father learnt about Pravaham through a friend of ,whose daughter went to school there.

Peace entered my heart when I stepped into this beautiful place Pravaham. For the first time I was very happy to be with the girls of my age and I realized that I am not the only one with problems but other girls too have problems in their families. After spending 12 months in Pravaham it has become my family. I learnt so many things valuable to life especially to face challenges with the strength that comes from faith in God and from within. I now found meaning to my life. There is hope that a good future awaits me. My father too found a permanent job and now takes the responsibility of the family. I am so thankful for all who helped me to study at Pravaham and are praying for me.



Success stories of our Alumni:

D.Priya 2007-08

Is from Vellore. She lost her father when she was young. Her mother worked as a house maid and brought up her children. Priya passed class 12 with good marks but her mother could not afford to send her to college. Priya thought that her life would also be like her mother's working as maid and she lost hopes of a better life.

Few weeks later she heard of Pravaham from a neighbour and she told her mother who was willing to send her. She joined Pravaham Community College in 2008 and completed the course in 2009. She worked for one year as a Home Nurse in Bangalore and then she got a job in CMC Hospital, Vellore as a Health worker.

Priya is married now and has two children. She helped her brother in his education. She says "I cannot imagine my life if I had not come to Pravaham. I do not have words to thank Pravaham for giving me a new life and hope".



Muthulakshmi 2013-14

Muthulakshmi's mother was suffering from skin diseases. In spite of this she was going for work because her father couldn't get a steady job 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 college, but as the family could not afford to pay the fee she discontinued and started to work in the fields to support the family. It was at this hospital 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 and 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. She says I lost all hopes for my life, but God brought Pravaham into my life as a beacon of light. It has not only lighted my life but also impacted my family."



Sheeba. M 2008-09

Is from a village named Kandipedu near Tamil Nadu - Andhra border. Her father is a daily wage labourer and both of her parents did not have formal education. They sent their children to school hoping they will study and get a decent job. Sheeba, seeing some women from her church working as Nurses in CMC hospital always dreamed to become a nurse. As she failed in class 10 she couldn't study further and fulfil her dream of becoming a nurse. Her parents forced her to go to work as they were finding it difficult to run the family with their small wages. Having lost all hopes of studying further she went to work as daily wage worker in the agricultural fields and in factories to support the family income. This continued for 6 years.

At the age of 22 she heard about Pravaham from her pastor. She begged her parents to send her to Pravaham Community College. Her parents willingly sent her as there was no fee charged for studies in Pravaham. She joined the Health Assistant course and completed it in 2010. Soon after that Pravaham helped her to find a job in a Senior Citizen Home in Bangalore. After working there for two years and gaining experience, she found a job in a Hospital in Bangalore. From then on Sheeba's life took a U-turn. She supported her family and the family was able to move from a small hut to a concrete building. She got married to an educated boy and their family status has improved considerably.

Sheeba says “Thanks to Pravaham for lifting me and my family up from poverty and making me stand on my own legs with dignity. Pravaham not only equipped me with skills but also gave the confidence to lead a fulfilled life. God has made me a blessing not only to my family but also to many in my Hospital.”



Udaya 2016 - 17

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 ignorant and could not make simple decision 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 got 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.”



Community Outreach Programs

Monthly medical camp at pravaham:

Many villages surrounding Pravaham lack basic medical facilities. To cater to the needs of the community especially, the elderly Pravaham started a monthly clinic with the help of a dedicated and committed doctor couple, Dr. Winsely Rose and Dr. Anuradha Rose. 411 patients were treated and some who needed more medical care were referred to CMC hospital.



Community Outreach Programs



Medical camp:

Bagayam Oval Ground walkers' association and Pravaham community college jointly conducted a medical camp in Palamathy High School on the 7th July 2018. The camp was conducted with help of Doctors of Government Medical College, Vellore. Free medical check-ups, ECG, Blood Sugar and Blood Pressure levels were taken. Free medicines were also given.

Totally 95 people from Palamathy, Cherrteri and Venkatapuram were benefited from this programme.

Oral Hygiene Day:

Was observed on the 20.09.2018 by conducting free dental check ups for all the students in Government Elementary school and in Balwadi, in Kulavi Medu village. Dr. Sweetie, Dentist from Vellore, was the resource person. Mrs. Selvi Dayalan Nursing tutor, gave a talk on how to keep mouth and teeth clean. Tooth brush and paste were distributed to all the students.



Health awareness camp at Veerachettipalli village was conducted on the evening of 20th September 2018. Awareness on the importance of nutrition and good health were given with the help of charts and videos to make the presentation interesting. The dentist who accompanied the team conducted free dental check ups to all the patients and spoke about the importance of dental hygiene. Free blood pressure and random blood sugar levels were checked for all the participants, by the students.



Reaching out to senior citizens and single mothers: Blankets and towels were distributed to around 40 senior citizens from economically backward families from the villages, of Krishnapuram and Thanakulam sarees and towels were distributed to single mothers of the students and from the village at the time of Pravaham Christmas program on the 8th of November. Community lunch was



Awareness on Prenatal health, importance of immunization and breast feeding: Mrs. Selvi Dayalan and Mrs. Anitha, our staff, along with students of Pravaham visited Timiri Government Hospital. They gave talks using visual aids, on the importance of taking nutritious food and supplements like folic acid and iron during pregnancy and the importance of breast feeding the baby.



Health check up was done for all the students of PCC at CMC Community Development Department. Many students were found anaemic and some were diagnosed with hypothyroidism. They were given medication to correct the deficiencies.

India Vision, an organization working towards better vision among rural areas, visited Pravaham on 2nd November 2018 and conducted a free eye check up for all the students, staff and the villagers. They also distributed free spectacles to those who were in need.

55 members were checked and 24 were given glasses to correct the sight and 1 was referred for cataract surgery. Our grateful thanks to Mrs. Clara Clarke for making this possible.



Awareness Program on Voting rights towards good governance was conducted by the District Revenue officials. Students who were above 18 years were helped to get Voter IDs.

Visit to pediatric ward Pravaham Community College students and staff visited pediatric ward in Government Medical College Hospital, Vellore on the 31st of January 2019 and distributed 32 sets of baby clothes and warm clothes to the new-borns who are from very poor families. We thank Ms. Christine Donald, UK, for donating the clothes.



Skill Training awareness programme, conducted by District Employment Office Vellore. Mr. Ravi spoke about Pravaham Community College and the course conducted, and also the 100% employment opportunities given to the students. Chief Guest was Mr. Raman, IAS District Collector.

World Health Day was observed on the 7th of April. Students and staff of PCC conducted Health Awareness programme at Labbai Krishnapuram. Videos on healthy living, ill effects of alcohol consumption and tobacco chewing were shown to the villagers. General health check-up was conducted by taking their blood pressure, blood sugar, height and weight. 105 people were benefitted through this program.



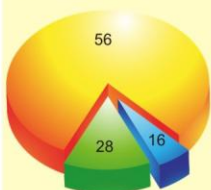
Health survey was conducted on 22nd May 2019 at Bharathi nagar, Kuppam and Venkatapuram villages, by the staff and students of Pravaham. They also visited the dalit colony at Bharathinagar and distributed sarees and dhotis to the senior citizens.

Pravaham Training and Conference Centre

A quiet, serene and peaceful atmosphere, lush green campus, tasty, wholesome food, and warm hospitality make Pravaham an ideal place to conduct training or spend quiet time of rest, reflection and renewal of mind and body. In the year 2018-19 around 1729 people used the facility. A total of 56 groups and 28 Institutions/churches conducted trainings / seminars.

Details of Trainings and Seminars

2018 to 2019



- No. of Groups used the facility
- No. of Institutions used the facility
- No. of Families used the facility



Family counselling day:

Pravaham conducted family counselling day on 16th June 2019. 47 families from surrounding villages and the parents of community college students took part in this one day program. It was for filled with fun activities and renewing family relationships. Games were conducted and all took part as families which helped them to bond with one another. They all sat together as a family and discussed various issues that bring strained relationships between parents and children, husband and wife. Counselling was given separately to wives, husbands and children. Mrs Beulah Newton, (Retd. official from Postal & Telegraph department) Dr. Newton, Mr. Priyan, (IT professional) and Md. Rosaline (Business Analyst) were the resource persons. Many parents were very happy and said that though they were married for many years no one gave them advice which they received today.



Women's day program

On the 16th of March 2019, 87 women from the community around Pravaham and the mothers of the students of Pravaham gathered together to celebrate Women's day. A day long program consisting of games, health check up and , talks on women's rights and privileges was organized. Ms. P.A. Lucia, a Lawyer and social activist was the resource person. She addressed many issues pertaining to rural women and their struggles, which gave them insight about how to meet the challenges.



Rural Children's summer camp was conducted from 6th May to 10th May. Mr.Ravi Kumar, and Mrs. Deepa Kumar, who work among the youth and children along with a team of youth from Chennai conducted the program with enthusiasm and creativity. Children were divided in to three groups: primary, juniors and seniors. Children had the opportunity to learn spoken english and basic computer classes. They were taught to make beautiful handicrafts from used plastic bottles, paper plates and cups. Games were conducted for them and prizes were distributed to the winners. Morals and value education was also given through stories and short movies. Each child received a lunch bag as a gift from Pravaham. All the students were served nutritious lunch and snacks during the summer camp.

M. Dharshini a class 5 student from Venkatapuram village acknowledged that summer camp was a memorable experience for her. She said "I never had such a wonderful time in my life ,I am sad it is coming to an end. I am so happy that I learnt to make an airplane with old bottles. I love the tasty lunch served here.



Infrastructure Development:

Hostel for Pravaham students: Ms. Sonia Gurnamal , a friend of Pravaham , Hong kong set her heart since the time she first visited Pravaham to provide a comfortable and spacious hostel for the students of Pravaham. Because of her untiring passionate efforts and prayers. Two of her friends came forward to fund the construction costs. The foundation stone for new hostel which is to accommodate 60 students, was laid on the 16th of March 2019 by Mr and Mrs.SonuVasvani, industrialist and a philanthropists who donated generously to this project along with Mr.Prem Kumar. This is truly amazing and we thank God for making this possible. We hope to complete the project by January 2020. Our grateful thanks to Mr.SonuVasvani and Mr.Premkumar for this very generous gift to Pravaham.



Renovation of the Community hall: The thatched roof and the cement flooring of the community hall was replaced by Mangalore tiles and ceramic tiles. The hall was also made fly proof.



New class room and Dining hall extraction :

Rajabhooshanam Memorial Library has got a new look. Previously the library was also used as a class room because of lack of infrastructure. The class now being shifted to the newly built classroom, the library was rearranged with new furniture. The new set up with comfortable seating and serene atmosphere has made the library a popular place used by students, community and visitors.



Visitors to Pravaham:

Pravaham students have a rich and varied experience of meeting many friends from around the globe who visit Pravaham. They learn about different countries, cultures, languages and their food habits, widening the horizons of their knowledge.

The following friends visited Pravaham during the year 2018-19:

Dr. Vivian Churness & family, USA



Mr. Rene Ferrer, USA.



Ms. Abigail Black U.K.



**Mr. Raju Lalwani,
Ms. Sonia Gurnamal
Hong Kong**



**Ms. Christie Van Vugt,
USA**

**Mrs. Lynda Lawrence
Ms. LeShawn David,
Global Ministries
USA.**



Dr. Vivian Churness, USA

**Mr&Mrs. Sonu Vasvani
Hong kong**



Mr. Rajarathinam,
Dr. Hema Rajarathinam
Philadelphia, USA
Mr. Robin Rajashekarani,
Chennai.



Mr. Paul Doss &
Dr. Adela Paul



Ms. Marianne Collar,
USA,
a volunteer of Global Mission

Mrs. Rose Pillay
Ms. Althea
South Africa.



Tribute to Angie D'Aleo :



Pravaham family was filled with sorrow to hear about the home call of Angie, a very dear friend of Pravaham on the 10th April 2019. A vibrant, warm and caring person - Angie was a great blessing to Pravaham. Rev. Devadoss was instrumental in connecting Angie to Pravaham. Since then Pravaham found a special place in her heart. She connected Pravaham with her church - San Pedro United Methodist Church. Its Pastors and the congregation adopted Pravaham as their family and continue to be a blessing to Pravaham. She worked relentlessly to raise support for Pravaham when it was going through financial struggles in 2006. Along with her dear friend Snobia Kekula, Angie visited Pravaham in the years 2007 and 2009. She raised money and helped us buy all the instruments and equipment needed to set up the first Nursing lab at Pravaham.

She became instrumental in connecting many friends who supported Pravaham. They are Snobia Kekula, Christie Van Vugt, Vivian Churness, Allan John and many more. She motivated her husband Peter to make beautiful cards from the drawings of the students to promote the work of Pravaham. She was a great prayer support for Pravaham.

Angie Aunty as she is fondly referred by the students of Pravaham continues to live in the hearts of all of us at Pravaham.

"Angie, your life was a blessing, your memory a treasure, you are loved beyond words and the sweet fragrance you left of your selfless love and generosity continues to linger on."



Acknowledgement

- ★ We are thankful to the Board of Trustees of Pravaham, Fr. Aloysious, Mr. Paul Divakar, Mrs. SwarnaRao, Mr.Yaseva, Mrs. Anne Rajkumar and Mrs. Mariamma Wilson for their guidance, support and encouragement in carrying forward the mission of Pravaham.
- ★ Our heartfelt thanks to our partners, Christian Education Fund, Global Ministries .friends of Pravaham in USA and Hong Kong for supporting the Community Education Program and enabling us to reach out to many young school dropout girls.
- ★ We are grateful to the Presbytery of Los Ranchos for helping us to set up the library and Irvine Presbyterian church and San Pedro United Methodist Church, USA, for helping us to improve the infrastructure facilities of Pravaham Community College.
- ★ Our heartfelt thanks to Ms. Sonia Gurnamal and Mr. Raju Lalwani for raising funds for the construction of the Hostel for Pravaham Community College through the kindness and generous contributions of Shri. SonuVaswani and Mr.Premkumar towards this project.
- ★ We also acknowledge the support of all the friends of Pravaham in India and abroad who have whole heartedly contributed in many ways to the various programs of Pravaham, to make a positive difference to Pravaham community.
- ★ We are deeply indebted to the Director and the Nursing superintendent of Christian Medical College Hospital for giving Pravaham Community College students an opportunity to do internship at CMC rehabilitation center and to Dr. Prashantham, Director, Christian Counseling Centre, Vellore for giving free training in Life Coping skills.
- ★ We would like to thank our partners in Health service institutions - Amazing love Home, Bangalore Baptist Hospital, Alisha Nursing Home for giving job placements to our students in their institutions.
- ★ Our grateful thanks to the Director and the team of ICRDCE for the resource support given to PCC.
- ★ Sincere thanks to Mr. Johnson Augustine and team for their expertise and committed service to Pravaham in planning and executing the construction work.
- ★ A word of thanks to Rev. Devadoss for giving his time to nurture and mentor the community in spiritual aspects of life.
- ★ My special thanks to the Team of Pravaham Mr. C. Ravi, Mrs. Selvi Dayalan, Mrs. Jayashree, Mrs. Kowsalya, Mrs. Anitha kumari, Mr. Salomon, Mr. Ravi, Mrs.Devakumari, Mr.Yesupadam, Mrs.Porselvi, for their dedicated service to Pravaham.

I would like to conclude this report with grateful thanks to Almighty God for guiding, providing and sustaining Pravaham all these 25 years in a marvelous way, and enabling it to make a significant difference to the lives of the downtrodden.



Pravaham 1993



Pravaham 2018

