

Pravaham

Bishop Anandarao Samuel's Community For Peace And Justice

Annual Report

2018



297, Venkatapuram, Kavanur post, Arcot Tk Vellore Dist . 632507

Annual Report

2017-18

Pravaham

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



297, Venkatapuram, Kavanur post, Arcot Tk Vellore Dist . 632507

Pravaham

Our Vision

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

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 2017-2018

Fr.Aloysius S.J	Chairman
Mrs.Lucy Shyamsundar	Managing Trustee
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PRAVAHAM 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 hygiene.



Training and Retreat Centre

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



I. Community Education Program

Community Education Program is the main program of Pravaham. 465 students in 14 batches were equipped and empowered since 2004.

Pravaham Community College Key Events - Academics:

The graduation ceremony 2016-17



The Graduation Ceremony of the 13th batch 2016-17 took place on 2nd of September 2017. Mrs. Selvi Julius, Principal, Karigiri college of Nursing was the Chief Guest and Mr. Raju Lalwani, Entrepreneur and friend of Pravaham was the Guest of Honour. Students received their diplomas in the presence of many Friends of Pravaham from Vellore, Chennai, USA, Hong Kong, industrial partners and parents.

Campus Recruitments



Campus recruitments were arranged for the students with four Health service organizations - Radiant Health Services, Chennai; Amazing Love Elderly Care, Chennai, Alisha Home for Senior Citizens- Chennai and Baptist Hospital, Bangalore. 39 students found placements in these four Institutions. 2 students opted to stay in Vellore and find work.

Exit seminar to the out going students was conducted by Mr. Robin Rajasekaran on work ethics, overcoming work related stress, etc. Students found it very useful and it prepared them for work in a new atmosphere.

A moving farewell was given to the senior students. They shared their experience at Pravaham and how it transformed their lives.

Community Education Program - Impact

Alumni of Pravaham carry on the light of Pravaham:

A testimony from a resident of a Senior Citizen Home.....

Elizabeth, Rekha, Vinodini, Sanghavi and many Alumni of Pravaham work as Nursing Aids in Amazing Love Home, a senior citizen home at Chennai which gives placement to our students.

Last month we received a mail from Mr. Rajaiah a resident of the Home and this is what it said "I heard about your organization Pravaham, through your students who are working as Nursing Aids at ALH. I was impressed by the way they give care to the residents...always cheerful, showing genuine love and concern towards all of us. They are like ministering Angels doing wonderful service. I was curious to know where these girls were trained. When I started talking to them and asking about the organization where they underwent training, they shared all about Pravaham and how it groomed them, equipped them and instilled moral and spiritual values in them.

Every time they talked about Pravaham their eyes would light up brightly. After hearing their stories and the impact Pravaham had made on these girls, I am inspired to support your work. Please accept my kind donation Rs.10,000. and use it for your work."

We were deeply moved to receive this mail and the contribution. We are truly proud of our girls who carry on the light of Pravaham.



Rekha, Elizabeth and sanghavi giving care to the elderly at ALH senior Citizen Home, Chennai.

Bharathi a housewife receives her Diploma and an award for Perseverance :

Today Bharathi a 31 yrs old housewife, feels very proud to be a Diploma holder in Health Assistant course and she was employed in a reputed hospital in Vellore as a patient care giver.

Holding the Trophy in her hand Bharathi says "I always wanted to be a Nurse but due to family circumstances couldn't pursue my studies. Pravaham gave me an opportunity to study again after a break of 12 yrs. It was very difficult in the beginning ...but my teachers encouraged me and I was able to cope up".

Bharathi from a higher caste fell in love with a Dalit boy and got married. Her family literally threw her out of her house. Her husband did not have a proper job and they struggled to run the family. The family went into debts. Because of severe financial



Community Education Program - Impact

Crisis she couldn't educate her daughter. She did odd jobs as a house maid and worked in canteens delivering food. At this juncture she saw her neighbour's daughter study at Pravaham ... how her life was transformed and her earnings helped the family financially. She requested her neighbour to take her to Pravaham and the rest is history. Bharathi completed her studies at Pravaham with flying colours. She was also the best outgoing student from her batch. Bharathi says "I am so happy that now I am able to earn and send my daughter to a good school. I find no words to thank God for leading me to Pravaham which gave me a chance to get back to school to equip myself. It also gave me hope for a good future. At Pravaham I learnt many lessons useful to life and have grown spiritually".



Bharathi with her family

Udaya, Tamilarasi, Charulatha and Sandhya making a difference to the lives of terminally ill cancer patients in remote villages in Karnataka.

Though they passed Class 12 their parents couldn't afford to send them to college. Pravaham gave them all an opportunity to gain vocational skills. After completing their course at Pravaham they were selected to work in Baptist Hospital, Bangalore. They are now working in the community Health department of the hospital giving palliative care to more than 50 poor cancer patients who cannot afford hospitalization, at their homes in 15 villages. They say that their training at Pravaham enabled them to understand the pain of the terminally ill patients.

Charulatha says "In the beginning I couldn't tolerate the smell and the sight of the pus filled, worm infested soars. I even thought of quitting the job but I was constantly reminded of what was taught to me at Pravaham... to look at each patient as my own family member and do the service as worship unto God. I prayed for compassion and love of Jesus to fill my heart for the people I care and God gave me strength for each day. Now our patients wait for our visits and even after the death of the patients family members still invite us to their homes".

Udaya says "I find my job so fulfilling. The discipline, faith in God and the values I acquired at Pravaham have helped me a lot in my personal as well as my professional life. I am helping my family clear the debts and also educate my brother. My sister too joined Pravaham community college. My whole family has benefitted by my coming to Pravaham.

Dr. Ravi Living stone of Baptist Hospital, Bangalore says this about our students. "They adopted to the new challenges and difficult situation very easily and cheerfully, they are always keen to learnin short they are like ANGELS. Definitely they are an asset to our institution."



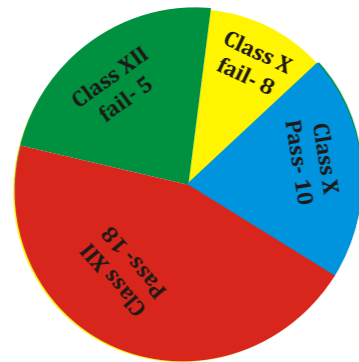
Udaya, Santhiya, Tamilarasi & Charulatha at Baptist Hospital Palliative care unit

Pravaham Community College 14th Batch - Academics.

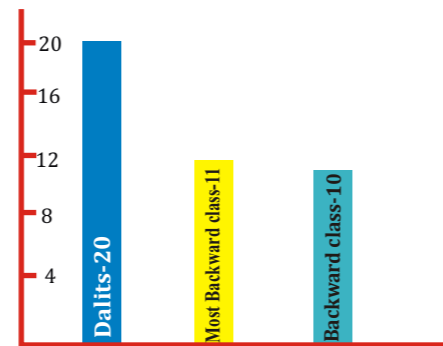
Admissions were started for the 14th batch of Pravaham Community College in the Month of May. 41 students were selected from the 60 applications received. Orientation classes were commenced from 10th of August. On the 2nd September 2017 the 14th batch had the inauguration ceremony. Mr. Raju Lalwani dedicated the batch.

Profile of the 14th batch

Total 41 students:



Educational Status



Students' Caste Profile

Orientation Classes:-

Visit to CMC Hospital:

Students are taken to Chrisitan Medical College Hospital, one of the premier Health Institutions of India, to familiarize them about the working of the hospital. The PRO of the hospital, Mr. Duarai took the students on a tour of the various departments of the hospital. Students were truly overwhelmed to see such a big hospital for the first time.



Health Check up:

Coming from economically poor families, many of the girls suffer from nutritional deficiency disorders like anaemia, ulcers, thyroid, osteoporosis etc . Thorough Health Check up was given to all the students at CMC, Community Health Department at Bagayam. Students who were diagnosed with anaemia and other health problem were given treatment and special diet.

Pravaham Community College 14th Batch - Academics.

Basic training in Counselling:



Life skills are a part of the curriculum of community education program. Christian Counseling Center, Vellore, one of the renowned counseling training centers in India gives free training in Basic counseling to Pravaham students every year.

The four week training was started on the 1st of March and completed on the 24th March with a Valedictory program. Dr. Kannagi Pakyanathan, Chairman, State commission for women, was the chief guest. She encouraged the girls to improve their skills

and work hard never taking a back step because of their gender or caste. She also made them aware of the various schemes the state government has for the women and asked them to avail these opportunities. Students were privileged to receive the first certificate from Mr. Raman, the district collector of Vellore.

Internship at Rehabilitation center:



Students after learning theory at Pravaham community college, obtained hands on experience at CMC Rehabilitation centre, Vellore. The 4 weeks of internship was very helpful to them as they had a chance of practicing their Nursing skills and learning many procedures in handling the patients.

Practical Nursing Skills classes were given by Ms.Abirami Kumar, B.Sc. Nursing graduate from Chennai for 4 days. Students learnt many nursing procedures and it was very useful for them.



Pravaham Students had the opportunity to learn various subjects from visiting friends:

Awareness on right to vote and obtaining Voter ID towards good governess was conducted on July 28th. Mr. Saravanan, Tashildar, Arcot district, Mr. Suresh Deputy Tashildar of Arcot and Mrs. Renuka Revenue inspector visited Pravaham and gave a talk on the importance of the right to vote and how to apply for voter ID or make any changes in voter ID. They encouraged every one above 18 yrs to get voter ID cards.



Art Therapy Classes were given to students by Ms.Christie Van Vugt. Students loved to work with different materials- paints, crayons , beads, glitter and paper which were sponsored by Christie to make various colorful crafts. Students were able to express themselves freely and release their negative emotion while working with different art materials.



Seminar on prevention and protection from Sexual Harassment and abuse was given by Ms. Noreen Domingo, USA. Students found it very useful as they were made aware of the characteristics of the predators and how to protect themselves and the precautionary methods to be taken for safety.



Work shop on effective methods of teaching Communication Skills was conducted on 19th January by Dr. Martha Bigelow, University of Minnesota, and consultant for US consulate. She observed the communication skill classes and conducted many activities which motivated the students to communicate in English.

Ms. Jayashree attended three day work shop for Community college teachers' in preparing the curriculum conducted by Dr. Martha Bigelow and ICRDCE.



Basic Computer application classes and use of Internet and social media in a responsible way was taken by Mr. P. Ananda Murugan secretary of Rotary club Vellore Golden city on 23rd January.



Life coping skills class was given to the students by Ms. Ranjitha and Mr. Suresh of Hope House India, on the 15th of February.



Pravaham Community College- Important days and events

71st Independence Day was celebrated in Pravaham community college on August 15th 2017. The chief guest for the program Mr. Solomon Rajkumar, hoisted the flag and took salute from the president of the college. Students performed cultural program and Ms.Santhanam gave a talk remembering the National leaders who fought for the Independence. Sweets were distributed to the student.



Talents' day was organized for the 14th batch students on Sept 14th 2017. All the students took part according to their talents and performed various arts - singing, dance, acting, Rangoli etc.



Pravaham Community College - Important days and events:

Founders' day was celebrated on the 28th of September 2017 in memory of Bishop Anand Rao Samuel, founder of Pravaham. Rev. Arul Das, Dean of Chaplaincy Dept, CMC was the chief guest. He shared about the founder and encouraged the students and Pravaham community to follow the foot steps of the founder in giving care and compassion to the needy and having faith in God. Ms. Deepika Valaparla and Preethika Shyamsundar, grand children of the Bishop shared about Bishop's large heart and love for everyone. They also sang a song in memory of him.



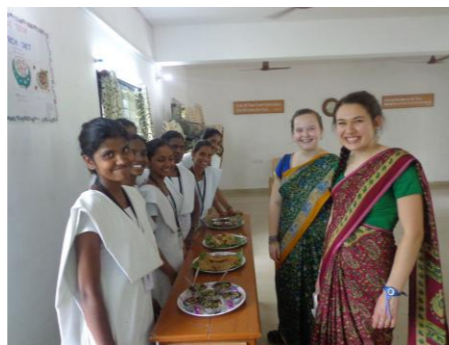
Birthday Celebrations of the students:

On the second Thursday of every month the birthdays of the students falling in that particular month are celebrated. Students cut a cake and their friends and staff sing birthday wishes and pray for them.

For many students this was their first experience of cutting a cake on their birthday and someone singing birthday wishes to them. Krithiga, a student from Bramhapuram village was immensely happy and she shared emotionally that she is 17 yrs old and this was the first time she cut a cake on her birthday.



Cooking competition was held on July 14th 2018. Students were divided into seven groups and each group was given a food group to prepare dishes and asked to talk about their nutritive value. All the students took part enthusiastically. Variety of dishes were prepared and creatively displayed. The judges Mrs. Sandy Churness and Ms. Sarah Floyd had difficult time to pick the winners as all the groups competed with each other closely.



Pravaham Community College - Important days and events:

Cultural program was conducted in Pravaham on the 16th of December. On this day students put up a colourful show of dances, skits and dramas. Fr. Aloysius was the chief guest. All the 41 students took active part in the program. Parents of the students, village community, friends and well-wishers of Pravaham from overseas and from Vizag, Chennai and Bangalore attended the program and encouraged the students.



Initiation of the Rotract Club of Pravaham Community College was on the 10th of January by the Rotary club of Vellore. Rotary president of Vellore Golden city



chapter, Mr. D.K. Manoharan along with office bearers inaugurated the club. Ms. D. Santhanam was elected as the president, Ms. Monika as the secretary, Ms. C. Roja as the treasurer.

Pravaham Community College - Important days and events:

On the 26th January 2018 69th Republic day was celebrated at Pravaham Community College. Dr. Adela Paul, Eminent educationist from Chennai was the chief guest. Pravaham students danced to patriotic songs and enacted a play which inspired them to vote responsibly.



Annual educational tour to Chennai and Mamallapuram was conducted on the 26th and 27th of February 2018. For 17 students this was their first exposure to a city and to a beach. Students visited historical places like Light house, St. Thomas Mount, Marina Beach, Sun Temple and sculptures. They camped at a youth hostel on the beach and thoroughly enjoyed playing in the beach. Roja, from Javadi hills said that it was the most exciting and enjoyable experiences she ever had in her life.



Nurses Day was celebrated on the 12th of July 2018. Dr. Vivian Churness, retired professor of Nursing from USA, who authored many text books on Nursing and Maternal Health was the chief guest. She spoke from her experience of being a Nurse for the past 42 years and encouraged the students to serve the patients cheerfully and compassionately.



The academic year ended on the 14th of August 2018.

Stories of Transformation:

Jayanthi:



Jayanthi is a tribal girl from Periyamahur village a very back ward area in the Hills of Javadi . To reach her village she has to walk at least 2 km uphill from the nearest bus stop. Both her parents are illiterates and they have 6 children and Jayanthi is one of the 2 girls and 4 boys in the family. Her father was addicted to drinking and died of incurable stomach ulcer leaving 6 young children and a sickly wife. Jayanthi's mother struggles to bring up her children with the income she gets from selling milk from the 3 cows the family owns and working as daily wage labourer in the field. With the help of well-wishers in the community she sent her two of her children to a tribal welfare hostel and educated them. Jayanthi passed class 12 in spite of all the struggles and challenges she faced. She couldn't continue college studies because of the family situation. Disappointed with life, resigned to the

life situation she took up work as a daily wage labourer in the field helping her mother make ends meet. One day a friend of the family told her mother about Pravaham and the training given there to equip young girls and place them in Jobs. And what more the whole thing is given free of cost to the most deserving candidates.

Jayanthi's joy knew no bounds.... now she is going to complete her course as a Nurse -Aide. Initially she was restless, confused and shy to interact with others because her speech was not clear and her dialect of Tamil was very different coming from tribal area. Slowly she gained confidence as Pravaham team encouraged her and gave her opportunities to come forward to speak and read and sing. She was always worried about her family and her future but after coming here she gained confidence that she can not only stand on her own legs but also will be able to support her family. Her trust in God gave her peace and a calm spirit. She says "coming to Pravaham is like having a new life and new hope... my life will never be like before but holds more exciting opportunities for me. I have learnt many things which are important to lead a fruitful life".



Pravaham Community College- Stories of Transformation:

Bharathi Priya:

"I am Bharathi Priya from Villa Nallur Village. I am the first person in my family to have passed class 10th. When I was 10 years old my father committed suicide because of many debts which he couldn't repay. I am the oldest and I have one brother and one sister who are younger than me. My mother a young widow with 3 children went to work as a maid in a business man's house leaving us with my grandmother. My grandmother struggled to give us 3 meals a daymany days we went to bed hungry. My mother's employer helped me to stay in a hostel and study up to 10th class. Somehow my mother made sure that we went to school. I completed 12th with good marks but ...no use...because of financial problems in my family, I couldn't go to college.

Dejected I became bitter with life and very irritated with my mother and grandmother. All my life I had to suppress my desires...I never got anything that I desired ...the love of my parents... clothes that I like to wear....good food. One day my mother's employer hearing about my plight sympathized with me and brought me to Pravaham to enroll in the community education program. First few months I was not very happy but slowly the love shown by my teachers, friends and others in Pravaham changed me. I slowly opened up and shared my feelings to the counsellors at Pravaham and they counselled me showing love. My anger towards my mother and grandmother are gone. I myself am surprised to see the changes in my attitude. I am looking forward to working after completing the course and helping my mother in educating my brother and sister. I would also like to build a house for my mother. I am grateful to Pravaham for giving me hope and enabling me to accept the realities of life. I want to thank my sponsors for helping me to study in Pravaham."



Stories of Transformation.

Royal Kumari:



"I am Royal Kumari from kothakuppam village near Gudiyatham town. I don't know why my parents named me Royal because the family I was born in to was in dire poverty. My father worked as a sexton in the village church. We are four girls in the family and in the village we were considered as an unlucky family because we are all girls. My mother and father fought always.

There is no peace in the family. My elder sister studied till 12th and couldn't continue her studies .she came to know about Pravaham through a pastor and completed her diploma from here. My father passed away suddenly and our family would have been on the streets but for my sister who by then started working , supported the family and educated us. My mother works as a daily wage labourer in a tannery . When i completed my 12th my mother was

too poor to send me to college. I had a deep desire to go to college I was disappointed ... my sister requested Pravaham to take me in. I am so grateful to Pravaham for giving me an opportunity to study further. If I study well and show good behaviour , Pravaham promised me to help in my higher studies. After coming to Pravaham I am able to have three meals a day. My sadness turned in to joy as I received a lot of encouragement and guidance from Pravaham.



Santhanam:

"I am Santhanam from a village called Tajpura, near Arcot town. I am the third in the family of three. My father deserted us when I was just 9 yrs old. My mother worked in a shop as sales person and brought us up. We faced so many difficulties as I was growing up. Though my sister and brother studied up to 12th they couldn't continue their studies because of financial problems . Taking a big loan my mother got my sister married . My brother had to work to repay the loans. I was determined to pursue higher studies because I was always interested in equipping myself further and getting a decent job.

My mother promised me that she will send me to college and convinced me to go to work for one year to help the family tide over the financial problems....which never happened. I continued to slog ten hours a day doing all kinds of jobs as a daily wage labourer in factories and shops with meager wages for 7 years .

I lost all hopes of ever escaping from this routine. How much ever I earned my family's financial problems were not getting over. I was dejected with life ... that is when I met a friend who studied with me and she told me about Pravaham. She told me that in Pravaham they



do not just teach a vocational course but also many things which are valuable to life. I made up my mind to go to this school come what may... to my surprise my mother also agreed because the course was almost free. I was afraid how I will cope with studies after 7 yrs of gap. But everyone at Pravaham encouraged me. I soon gained confidence in myself...now I am the class leader and also doing well in my studies. I was even elected as the president of Retractable Club of Pravaham Community College. I am so grateful to Pravaham for giving a chance to study again and bringing out many talents in me to light.”



Usha Rani:

Usha is the fourth child in a family of 5 children... four girls and one boy. She comes from a remote village of Edapari in Tiruvannamalai district. Having four girls in the family, father, a poor farmer was burdened to save for their dowry to get the girls married off, that was his top most priority. Her 2 elder sisters having dropped off after Class 5 and 10 were married off at a young age. Usha was very keen on continuing her studies and find a good job and help the family. She saw how her mother and father struggled to feed the family and wanted to work and help her father... but having dropped out of school after failing in class 12 her dreams of having a dignified job went out of the window.



One day she met an old student of Pravaham, Udaya, who was her senior in school. Udaya looked so refined and confident. When Usha asked about her transformation, Udaya said that she went to PCC and got a diploma and was working as Nursing Aide in Bangalore.

Usha 's father agreed to send her to Pravaham. Usha says” I was so ignorant before I came to Pravaham. I didn't know any manners , my speech was rude and I used to use lot of bad words and didn't know to dress properly.. Pravaham taught me everything right from being polite to keeping clean. My mother and father are so surprised to see the changes in me. I now talk to them with respect. Pravaham gave me confidence that I can make a difference to my family and community. I will work and help my family and educate my brother. My father is slowly changing in his attitude towards women...he agreed to let me work in a city. I am so thankful to God for choosing me to study in Pravaham.”



II. Community outreach programs

Pravaham conducts many out reach programs giving Health, hygiene and social awareness to rural communities where there is limited access to medical facility.

Monthly Health camp at Pravaham was started on June 10th 2017. It takes place on the second Saturday of every month. Dr. Winsely Rose and Dr. Anuradha Rose doctors in CMC help in conducting the clinic along with the nursing tutors and students . Every month 50-



60 patients from the surrounding villages get treated at the clinic. Apart from this families of our students also visit the clinic because of the care and good treatment given by the dedicated team of Doctors. Medicines and consultation is given free .Patients requiring further interventions are referred to CMC where treatment is given at a minimal cost. Villagers especially elderly and children were greatly benefitted through the Clinic.

A total of 464 patients benefitted through this program.

Health awareness camp at Varagur on June 28th 2017: Pravaham students took active part in the program conducted by the health department of Vellore District. This is the first time PCC students were asked to take part in a Government event. They gave awareness on infectious diseases, nutritional disorders and on the therapeutic effects of the diet in various diseases. District Collector Mr.Raman and other officials appreciated the contribution of Pravaham students in bringing health awareness to the people.



Community outreach programs:

A **Health Survey was conducted** on July 22nd in Venkatapuram and Krishnapuram villages and from then on every month to identify fever cases and give awareness on Dengue. The information was given to the district health department on request and they provided immediate care to the patients suffering from fever by conducting investigations and treatment at the Govt. Hospital at Adukumambarai.



Health awareness camp on Dengue fever was conducted in kuppam village on October 28th 2017. Health Survey was conducted by Pravaham students in the village of Kuppam to gather the information about the patients suffering from fever and made them aware of the symptoms of Dengue to look out in case of prolonged fever.



A film show was shown on plastic awareness and its ill effects on the health from using plastic bags which are not bio-degradable. Pravaham community college students cleaned the village of plastic waste and demonstrated how to dispose off plastic safely.

71 persons Participated from Kuppam village. Free Blood sugar and B.P check-up was given to 38 patients.

“World Diabetes Day” - World Diabetes Day was observed by Pravaham on the 16th of November 2017. Diabetic awareness program was conducted in 4 villages -Thimiri, Kavanoor, Palamathy and Chetteri village. Awareness was given to the villagers on the effects of uncontrolled levels of high blood sugar on eyes, kidneys and feet. Foods that lower the blood sugar were demonstrated to them.



274 villagers participated in the awareness program and were given free blood sugar testing.

School outreach Program to the students of Thimiri Higher secondary School on Life coping skills was conducted by Rev. Devadoss. Students were counselled on how to manage stress during exams, on utilizing time in a useful manner and the importance of making wise decisions at the right time.

Community outreach programs:



Sex education and counselling program was conducted in Venkatapuram Government Middle school on the 15th of February 2018. Mr. Suresh and Miss. Ranjitha, counsellors from Hope House took class for the girls and boys separately and made them aware of the stages of sexual development and hormonal changes that occur in the body. Through interactive session many students were able to clear their doubts regarding sexuality.



65 Students participated in the program.

Pravaham Community College Students gave awareness on cancer to the staff and students of Venkatapuram School on the 15th of February 2018.

Eye camp: Pravaham and Rotary club of Vellore conducted Eye camp at Venkapuram village with the help of Agarwal Eye Hospital, Chennai on the 17th of February.

102 patients were benefitted through this program. Free cataract surgery was done on 27 patients.



World Cancer Awareness Day was observed by Pravaham Community College students by giving awareness in Polur, Edaparai and Kalavai Puthur villages. Ms.Anitha and Ms. Jayshree, Nursing Tutors along with students gave talks on how to detect cancer at an early stage and common causes of oral, breast and ovarian cancer.

157 people were benefitted by this program. Free Blood sugar and BP checkups were done.



III Training and Retreat center

Trainings and Programs conducted by Pravaham:

Human Rights Education Training Program was conducted on October 2nd 2017 by Pravaham and IDEAS centre, Madurai. Fr. Cyril Anthony was the resource person. He took sessions on the fundamental rights of people, importance of human dignity and various violations of human rights and how to protect the rights of the citizens. Teachers from various schools in Vellore , students of MSW, from Auxilium College, Vellore and Pravaham Community College students participated in this program. 92 Participants were benefitted through this program. It was very educational and gave an in depth understanding of Human rights and the importance of teaching children and making them aware of their rights at a young age.



Pravaham Staff Retreat:

Pravaham staff had a 2 day retreat in Yelagiri on the 24th and 25th of November in Shalom Retreat Centre. It was the first time Pravaham staff had a 2 day retreat at an out station destination. Pastor Devadoss took sessions on stewardship on the first day. On the second day the staff discussed the various challenges faced in the work place, how to overcome and how to improve efficiency and effectively contribute to the growth of the organization. Pravaham Staff came back rejuvenated, refreshed and renewed to carry on the responsibilities assigned to each one of them.



Training and Retreat center programs

Retreat for community college students was conducted on the 27th and 28th of January 2018 at Pravaham. Mrs. Deepa and Mr. Ravi Kumar were the resource persons. The theme for the retreat was "Living a life which is value to God and the people". The theme was brought out by interesting talks, discussions and team activities. 41 students attended the retreat and it was very useful to them.



Pravaham Community Christmas get together: On the 19th December 2017, Pravaham staff along with their families had a get together. The evening started with singing songs and playing games and getting to know one another and ended with a message and prayer. It was a wonderful time of bonding between the staff and their families. All the staff and their children received gifts from Ms.Sonia Gurnamal.



Women's Day was celebrated on the 29th of March 2018. 92 women mostly mothers of Pravaham students, women staff and students of PCC took part in the program. Free health check ups were conducted. Pravaham staff gave health talk on anaemia, diabetes and cancer. Rev. Devadoss talked on the role of women in building a family and their rights and privileges. Mrs. Lucy Shyamsundar informed them about the various schemes TN government has for the benefit of women. Games were also conducted for the participants. Many women said that this was the first time they had an opportunity to participate in a program of this kind and it was very informative and beneficial for them.



Training and Retreat center

Rural children's summer camp: A Five day summer camp for the children of the surrounding villages was conducted from 14th to 18th of May 2018. 102 children from the ages 5 to 15 attended the camp. They had craft, computers, spoken English and singing and storytelling sessions. All of the children had a wonderful time.



Pravaham Training & Retreat center used as Venue by others

Pravaham Training & Retreat centre is being used by many institutions, organizations and churches to conduct seminars, workshops, training and retreats. During the year 2017-18, 54 teams consisting of 1871 people utilized the facility to conduct seminars, workshops and retreats.



Board Meetings and Organization Evaluation

The Trustees of Pravaham met twice during the year 2017-18, on the 4th of May 2017 and the 15th of December 2017 to discuss the affairs of Pravaham and to guide the organization along its vision and mission.



Organizational Development Evaluation of Pravaham:

Christian Institute of Management conducted Organizational Development evaluation on Pravaham on the 13th of November 2017. It was a fruitful exercise and they guided Pravaham by giving many suggestions to strengthen the organization.

The following are the excerpts from the evaluation report:

'The Team behind the Trust has a great zeal and commitment to serve the people and young girl children. The present Managing Trustee has already developed many important values and systems in the organization. Records and Registers are well maintained, physically verified and found good.'



Visitors to Pravaham:

Students at Pravaham had the privilege of interacting with many friends from different nationalities who come to visit Pravaham enabling them to know about various cultures of the world. It also provided them a rare and rich experience of interacting with people from all over the globe, of different age groups, and from different professions. This helps them to learn what they offer in terms of skill, crafts, teachings and values.

Dr. Vivian Churness, Mr. Peter Churness and Ms. Hanna Churness visited Pravaham on July 29th, 2017. They had a great time with the students they taught craft - making butterfly from waste plastic, conducted games, and taught them songs and told interesting stories.



Mr. Raju Lalwani and **Mrs. Sonia Gurnamal** from Hong Kong visited Pravaham on August 30th, 2017 and participated in the graduation program of Community college. They had interactive sessions with the students.



Dr. Deenabandhu Manchala, South Asia Director, Global Ministries, USA visited Pravaham on the 15th of August 2017. He encouraged the students to keep focused on their goals to be independent and lead a dignified life which will be of use to the larger society.



Dr. Ashok and Dr. Narmada Ashok, Directors of Nalam Hospital, Vellore, visited Pravaham and distributed sweets and cash gifts to all the 41 students and the staff on the occasion of Diwali festival on 17th Oct. 2017.



25 member team consisting of Government officials, professionals and leaders of Church from Mauritius visited Pravaham on the 2nd of December 2017 led by Fr. Cyril of IDEAS, Madurai. They shared about their origin, culture, language and the scenic beauty of their country. Pravaham students also shared their experiences and asked many questions about them. This interaction with the team broadened their horizon of geographical knowledge.



Students, Staff and Alumni of Cornelia Connolly School, CA, USA consisting of 13 members visited Pravaham on the 3rd of January 2018. Students had fun time with them learning crafts, dances, playing word games and hearing stories to improve their vocabulary.



On January 11th, 2018 a team of 16 consisting of **Faculty and students of Colombia Theological seminary, USA**, led by Dr. Raj Nadella and Dr. Martha Moore Kursh visited Pravaham. Pravaham students shared their life stories and performed cultural program. The team danced with the students and had great fun.



Mr. Jon and Jennifer Dietz from Irvine Presbyterian church USA visited Pravaham on the 5th of February 2018. Mr. Jon helped to build a dome of 30 mts high which will be used as a green house for Pravaham. Jennifer Dietz taught the students to make colorful bracelets.



On 24th February 2018 **Dr. Bernd Kapps, General Secretary, Christian Education Fund, Kassel, Germany** and Mrs. Ann Rajkumar, Liaison officer, India, visited Pravaham. Dr. Bernd interacted with the students, visited some of their homes, heard their stories and encouraged the students to use every opportunity given to them to empower themselves.



Noreen Domingo, a college student and alumni of Cornelia Connolly School, USA visited Pravaham on 10th of March 2018. She gave classes on sexual harassment and abuse and how to defend themselves against such abuse. Students said that it was very helpful and enlightening to them.

Acknowledgments

Twenty five years have passed since the origin of Pravaham and it continues to flow nurturing and transforming the lives of many marginalized and vulnerable people in a significant way. It propels forward through the Grace of God Almighty and by the immense good will, support and encouragement received from its friends all around the world.

Our sincere thanks to each one of them for reaching out to the cause of Pravaham.

★ We are grateful to Christian Education Fund, Kassel, Germany and Global Ministries, USA, for partnering with us and for all the support extended especially to the Community Education Program.

★ Our sincere thanks to ICRDCE for the support, resources and training offered to Pravaham Community College for conducting Community Education Program.

★ We are immensely thankful to the Nursing Superintendent and the Director of Christian Medical College Hospital, for giving Pravaham Community College students an opportunity to do their internship at CMC Rehabilitation Centre.

★ We are deeply indebted to Dr. B. J. Prashantham, Director, Christian Counselling Centre, for giving free training in basic counselling training to our students.

★ We thank our service partners, Amazing Love Home for the Aged, Chennai, Radiant Health services, Chennai, Alisha Home for the Aged, Chennai and Baptist Hospital, Bangalore for giving placements to our students.

★ We would like to express our sincere thanks to all the volunteers who devoted their time and knowledge and resources to teach various skills to the students.

★ Our sincere thanks to our chairman Rev. Fr. Aloysius for his wise counsel and guidance, and to all the Trustees of Pravaham for their support and encouragement.

★ Our sincere thanks and appreciation to the team of Pravaham, for their dedication, passion and commitment in successfully implementing various programs.

★ Our heartfelt gratitude to God Almighty for His guidance, protection and unfailing love that moves us forward to work towards the vision of Pravaham.

