

Ever flowing Stream

Pravaham

Newsletter

July to Dec. 2022



Dear Friends and Partners of Pravaham,

Let me take this opportunity to wish to you all a happy and a blessed year, 2023.

The year 2023 marks the 30th anniversary of Pravaham. We thank God for sustaining and guiding Pravaham through all these years, to fulfil the vision given to the founder Bishop Ananda Rao Samuel.

We begin this year with anticipation and enthusiasm that we will touch many more lives of youth, women and elderly from marginalized communities, bringing rays of hope into their despaired lives.

We are deeply thankful to you for your support and prayers, without which we couldn't have carried on the mission of Pravaham thus far.

As we step into our 30th year, we seek your prayers and continued support to Pravaham. Hope that our partnership will grow from strength to strength and together we will work for peace and justice in this broken world.

Hope you enjoy reading our Newsletter. We have compiled here all the happenings at Pravaham from July to December 2022.

With warm wishes and sincere thanks,

Lucy Shyamsundar

'Adios' to the 18th batch (2021-22)

Thirty seven students of the 18th Batch (2021-22) of Pravaham Community College completed their course on the 30th of July 2022.

'Farewell Party' was arranged for the out-going students by the 19th batch students on the 9th September 2022. It was an emotional moment for everyone in Pravaham to bid farewell to the students.



Farewell to 18th Batch



Ms. Sonia Gurnamal giving a talk.

Ms. Sonia Gurnamal, educationist and counsellor from Hong Kong, gave a talk to the outgoing students on how to overcome the challenges at their work place and encouraged them to apply all the life skills they have learnt at Pravaham.

Graduation ceremony

The Graduation ceremony took place on the 10th of September 2022. Rev. Dr. Xavier Alphonse, S.J., Director of Indian Centre for Research & Development of Community Education (ICRDCE), Chennai was the Chief Guest and Dr. Jessie Lionel, former Prof. Gynecology and Obstetrics, CMC was the guest of Honour. In his address Dr. Xavier Alphonse appreciated Pravaham Community College and said that it is one of the best Colleges among all the Community Colleges in India.



Lighting of kuthu vilakku by the Guests of Honour



Dr. Xavier Alphonse, S.J., Director of ICRDCE



18th batch Graduates 2021-22

Campus interviews for Job placements

100% Placement for all the students:

Campus interviews were conducted and all the students were given jobs as Nursing Aides in 5 Health Care and Service institutions in Bangalore and Chennai.



Former Students' visit Pravaham

Nine Alumni of Pravaham Community College from batches 2015 to 2019 visited Pravaham on the day of the Graduation.

They shared their stories of success during the program. They also donated Rs.10,000 to Pravaham towards sponsorship for students.



Visit to Pravaham Students' work place

On 1st November, 2022, we visited Advantage Elder Care Home at Kothanur branch, Bangalore and met all the students who were working there. It was a surprise for them and they were over joyed to see us. We were very happy to hear the words of appreciation from the authorities and the patients about the good work Pravaham students were doing. When we were leaving, they gave a contribution of Rs.5000 to Pravaham.

Saraswathi, the leader of the Team said "Amma, what we are today is because of Pravaham.....today is our pay day and we would like to send a gift to Pravaham". Our hearts were warmed by their kind gesture towards Pravaham.



Advantage Elder care Home, Bangalore



Spring Valley senior citizens' community, Vellore

We were invited for the Christmas program of the Spring Valley senior citizen's community near Vellore. Six of our students are working in Spring valley. We were very happy to see the students cheerfully taking care of the elderly.

Dr.Prabhakara Choudary, former Professor, at University of California- Davis, whose wife is recuperating at Spring Valley was very appreciative of Pravaham trained Nursing Aides. He said that they take care of his wife with much care and dedication. We were humbled when he said "I know no other organization of such a compact size that is making such a giant impact on their local and regional communities".

Stories of Hope

Sivagami is a tribal girl from a remote village in the hills of Javadi. She is the first literate in the family. Father works as a coolie worker in the fields and mother also goes for field work whenever she can. Their monthly income is Rs.5000. It was a struggle for them to have 3 meals a day. They are 6 siblings from father's two wives. Having passed 12th grade, family did not have money to send her to college. She was forced to take up a daily wage job in a mobile shop. When she was in this desperate situation she heard about Pravaham from a social worker in her village and joined Pravaham.

She says that coming to Pravaham was a turning point in her life. She completed the course in September 2022. She is now working as a Health Assistant in Bangalore, with a monthly salary of Rs.9000. She is very happy and confident that she can look forward to a good future for her and the family.



Sangeetha.P, is from Nagalur, a remote village, in Tiruvannamalai district. She comes from a family of 6 girls and she is the youngest. All the 5 sisters got married. Her father died few years back leaving a big debt. Since then Sangeetha's mother is in depression. In spite of all these challenges Sangeetha completed her high school with good marks but she couldn't fulfil her dream to become a doctor. She worked as a daily wage labourer for a few months, before coming to Pravaham, in August 2021. In the beginning she was always sad and depressed but with counselling and encouragement given, she became cheerful and gained confidence. She completed the course successfully. She is now working as a Health Assistant at 'Amazing Love Elder Care Home' in Padapai, Chennai supporting her mother with her salary.

Asmitha.L is 17 years old. Her mother committed suicide when she was a young girl. Father married again, and left her and her younger brother to the care of their grandmother. As she was growing up she had developed cataract in both the eyes but she got it operated and vision corrected with the help of a philanthropist. After completing high school her grandmother said that, she cannot send her to college. Asmitha was very sad.

She says " I did not believe in God. If He was there why are there so many troubles only to me. At times I too wanted commit suicide like my mother. After coming to Pravaham I realized that, I am not the only one who has problems, but most of my class mates here have more challenges. I am now grateful for many good things in my life. I see a good future for myself. I now believe in God and know that He has good plans for my life".

Asmitha is currently doing Health Assistant course at Pravaham Community College.



Events & Significant Days

Inauguration of the 19th Batch (2022-23):

Admissions were completed for the 19th Batch (2022-23) by the end of July 2022 and the new batch joined on the 18th of August 2022. 44 students were enrolled for the Health Assistant course. Inauguration of the 19th Batch, class 2022-23 took place on the 10th of September. Dr.Jessie Lionel dedicated the new batch with a prayer.



Talents Day was conducted for the Fresher on 9th September, 2022. This gave an opportunity for the new students to showcase their talents. It was fun and entertaining to all. It was also an ice breaking time for them as they formed teams and got to know each other's interests.

Founders Day: Pravaham community remembered its founder Bishop. Anandarao Samuel and along with him, Dr.M. Abel, Bishop. Sundar Clarke, Rev. Philip Aseervadam, Mrs. Meena Prashantham and other friends who joined hands with him to start this community for Peace and Justice.. Mr.Benedict Venkatesan and Mrs. Viji Venkatesan were the Guests of Honour. They spoke about the life and witness of the founder and encouraged the students to stand for justice and be agents of peace.



On '**World Mental Health Day**' a seminar was organized on the 'Mental disorders - signs, symptoms and tips to overcome' on the 10th October 2022.

Mr. Santhosh Clement, Psychologist, Counsellor and Trainer from Psychiatry dept., CMC Vellore and Mr. Ernest were the resource persons.

Love your Eyes - a seminar to create awareness was conducted on 21st October 2022, on 'World Sight Day'. The topic was - Eye sight and its disorders.

Ms.R.Vasthi Sonalini, Optometrist, CMC Hospital, Vellore was the resource person.



Installation of Rotaract club office bearers took place on November 29th 2022. Rtn. Venkatesh, M.E., District Rotaract Chairman, and the members of Rotary club of Vellore Golden City attended the program.

Ms. Jayashree was nominated as president, Ms.Abirami as secretary and Ms. Soundharya as treasurer.

Medical Check-up for the students: All the students were taken for medical check up to CMC Community Health department, on December 12th 2022, to screen them for any nutritional and physical disorders.



Our Nursing Tutors attended a work shop on 'Pertinent Issues in Geriatrics - A Nursing Perspective' conducted by Christian Medical College Hospital, on Nov. 21st 2022.

We thank Dr. V. Surekha, Prof. of Geriatrics, CMC, for giving this opportunity to our staff.



Reading class: Ms. Arlene Senthilvel, Architect, conducted reading class for the students on 18th December 2022. She encouraged the students to develop the habit of reading books which helps to develop creativity, language, experience emotions and acquire knowledge. The library is not only used by the students but also those who visit the Pravaham Training and Conference Centre.

We thank the Presbytery of Los Ranchos and Ms. Anita Coleman for developing this facility at Pravaham.

Annual Day cultural Program

Cultural program and Christmas celebration took place on the 17th of December 2022. Dr. Anand Zachariah, Head of the department of Medicine, CMC Hospital, was the Chief Guest and Mr. Rajendra Pande and Mrs. Zaira Love Pande were the guests of Honour. Dr. Anand gave an inspiring message on the African word 'UBANDU'. He said that through sharing, caring, truth and forgiveness we can address the problems in the society and bring peace and justice to the community.

All the 44 students took part in the cultural program. They performed dances, skits and dramas and put up a spectacular show which was enjoyed by all.

All the parents, villagers from around, friends from Vellore and Chennai were present to encourage the students.



Dr. Anand Zachariah



Mrs. Zaira & Mr. Rajendra Pande



Visitors and Resource Persons, who visited Pravaham from July to December 2022.

It is a joy and an encouragement when friends and supporters of Pravaham visit us, and show interest in the work they support. It also gives an opportunity for the students to meet their supporters from different countries and cultures.

Pravaham students are also privileged to learn from eminent persons from across the globe who give their time and expertise to teach them various subjects from, Arts and science, communicative English to medical and nursing skills.



Mr. Raju Lalwani and Ms. Sonia Gurnamal, visited Pravaham from 19th to 21st of July 2022.



Ms. Sonia Gurnamal, friend of Pravaham, took Communicative English and motivational classes from August 29th to September 16th 2022.



Mrs. Beulah Chandran, Theologian, Counsellor and motivational speaker takes Life skill and Value education classes for Pravaham students every month.



Dr. Vivian Churness, Retd. Nursing Professor, and her grand daughters, Ms. Hannah Churness, Registered Nurse and Ms. Megan Churness student from USA along with Mrs. Marylyn Amiot, Special Education Teacher, visited Pravaham from 24th July to 28th July 2022. Dr. Vivian Churness took first aid class on handling wounds and fractures and demonstrated how to apply bandages and slings. Mrs. Marylyn Amiot, taught how to handle and treat a 'specially-abled person'. Ms. Hannah Churness and Ms. Megan Churness taught Craft work, songs, dance, games, and stone Painting.





Francesca and Karuna granddaughters of Bishop Anandaro Samuel visited Pravaham along with their father Dr. Solomon Namala, from 26th to 30th of July 2022. Francesca taught them western dance and Pravaham students taught her Indian dance. They had great fun dancing to western and Indian music.



Mr. S. Palani, Health Inspector, took class on 'Infective diseases their prevention and treatment', on October 13th 2022.



1st year students of Masters in Social work , Auxilium College, Vellore, gave awareness on gender equality, women empowerment and how not to misuse the social media to the students, on the 17th October. 2022.



Mr. Rupert Eschenlo and Ms. Ann Ruth Eschenlo , Switzerland ,visited Pravaham on the 18th October 2022.



A demo on handling fire fighting equipment and awareness on the precautions taken during fire accidents was demonstrated by Mr. Mr. Dayalan, Fire officer, Ranipet, on 4th November 2022. It was very useful both for students and the staff.



Dr. Manoj Chacko and Mr. Daniel Gideon, from Sydney Australia, visited Pravaham on the 7th of November 2022.



Ms. Shabana Adam and Mr. Adam from Australia, visited Pravaham on the 9th of November, 2022.



Swetha. S, former student of Pravaham, Diploma in General Nursing, demonstrated the nursing procedure to the students on the 9th of Nov.



Dr. Ashok .P.M, Asst. Prof of physiology, visited Pravaham on the 15th and 17th November and took classes on different systems of the body.



Mrs. Zaira Love and Mr. Rajendranath Pande, daughter and son in law of Ms. Sonia Gurnamal, visited Pravaham from 16th to 18th Dec. 2022.



Dr. Sathi Clarke and Ms. Prema Clarke along with their son Avinash Clarke and grandson Roshan Clarke, and Mr and Mrs. Thomas Chandy visited Pravaham on the 23rd December 2023. They gave a special lunch for the students and the community of Pravaham.



From Sonia Gurnamal:

Wishes for a blessed prosperous year ahead!
A new year for new beginnings, so they say!
A time to renew!
A time to rejuvenate!
A time to set goals for a better tomorrow!
A resolution of I will, I should! With a tad bit of ifs and maybes!

Why wait for a new year?
The time is now. Time waits for no one!
Each day is a new beginning...
To thank God for all his blessings and grace...
Our cup overflows of His goodness in our lives.
Each day is a ray of hope...
Bask in His Glory
And walk the talk
Dwell not on the past!

And remember the end of anything is anew to something greater.
Whatever it is we would like to do we can NOW! Today!
Seize the moment. Don't let it go!
The time is now
For whatever you want to do, whatever you want to achieve God is with you.
Lean on him and not on your own understanding.
Take care of yourself, friends & family ...Be compassionate
Be kind and empathetic
Nourish your soul
Sit in silence, listen to God speak to you!
A new day
A new year is NOW not tomorrow, not next year!
Blessings galore every minute of the daySeek it, Feel it and Claim it it is yours NOW!

Sonia Sunshine

Reaching out to the community

Pravaham conducted 7 community out- reach programs from August to December, 2022. This has impacted 223 people from 3 villages, especially children, women and senior citizens.

Senior citizen support program

Senior citizen support program continues to reach out to 30 elderly men and women above 70 years of age, from the 3 villages around Pravaham. Every month they are brought to Pravaham campus by a vehicle arranged by Pravaham.

They say that the 3 hours they spend on the camps with the students and staff is the most enjoyable and relaxing time for them. During Christmas celebration each one were given a new set of clothes.



World Heart Day



To mark 'World First Aid Day' on the 9th September, 2022, Pravaham conducted awareness programs for school children in Venkatapuram Govt. school and for the public in Timiri village. Nursing staff and students through demo and videos taught various methods of first aid given in medical emergencies.

126 people benefitted through this program.



'World Heart Day' Was observed on the 29th September 2022. Awareness program on 'Healthy Heart' and signs and symptoms of heart Attack was organized for the public at Kavanur village bus stand. CPR was demonstrated to the public in Kavanur Bus Shelter to show how to resuscitate a cardiac arrest patient.

112 people were benefitted through this Program.



Village Health Survey: Staff and students doing Health Assistant course, visited the homes of senior citizens in Venkatapuram and Krishnapuram and conducted health check-ups on October 12th and 13th 2022. Pravaham also donated a walker to Mrs. Santhi, who had a paralytic stroke.

Health Awareness camp on 'Good Eye sight'

Was conducted on the 21st of October at Govt. school, Venkatapuram. Ms.R.Vasthi Sonalini, Optometrist, CMC was the resource person.

118 students 6 teachers benefitted through this program.

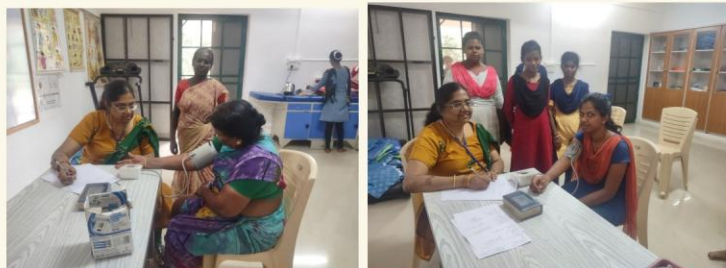


Free Eye Camp was Conducted with the help of the Dept. of Ophthalmology, CMC, Vellore, on November 8th 2022. All the students of Pravaham Community College also had eye check-ups.

129 patients from nearby villages benefitted through this program and 32 patients had free cataract surgery.

Monthly Medical camp at Pravaham started again after Covid-19, on the 5th of November 2022. Dr. Anu Rose and Dr. Winsely Rose give free service in seeing the patients from the village.

Every month 50 to 60 patients benefit from this camp.



Health Check-up for all the staff and students was conducted by Dr.V.Surekha, on the 18th of December at Pravaham. It was very helpful as some of the staff were diagnosed with BP, which otherwise would have gone unnoticed.

New Recreation Facility at Pravaham

The old class room was renovated to be used as a recreation Hall. This was opened by Dr. Solomon Namala, Professor in Economics, USA on August 12th 2022.

This hall was dedicated to the memory of Late Dr.J.Prakasa Rao, former Professor of Physiology, CMC and a dear friend of Pravaham.

The funds for renovation were donated by the family of Dr.J.Prakasa Rao on the occasion of his second death anniversary.

Students enjoy playing board games and are learning to play Table tennis. We are deeply grateful to Mrs. Swarna Rao and Mrs.P. Chaya Jayasree for donating the Table tennis Table, Carom board, Chess and other indoor games for students to play.



Pravaham Team 2022



Pravaham is blessed with a committed and devoted Team, without whose support and dedication, the service and the programs of Pravaham wouldn't have been effective and successful.

Kindly keep us in your prayers.

L to R - Standing - Salomon.Y, Rani Amma, Deva Kumari, J.Ravi, Gowri Singh, Kumar.R, Suguna, Kowsalya.P

L to R - Sitting - Jayashree.M, Selvi Dayalan, Ravi.C, Lucy Shyamsundar Sunganthi.K, Anitha kumari.

Please pray for the following needs of Pravaham:

- **Good health and God's protection for all the students and staff**
- **Sponsorship for 10 more students**
- **A van for out-reach programs**
- **A driver to stay on campus**
- **An assistant supervisor for Pravaham hostel**
- **Health and wellness centre**
- **Home for senior citizens**

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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