

Pravaham

NEWSLETTER

July - December 2024



Dear Friends,

Warm greetings to you from Pravaham.

We are delighted to share the highlights of the activities of Pravaham from July to December 2024. Over the past six months, we have hosted numerous events, workshops, and celebrations that have positively impacted the lives of our students and the community.

Our heartfelt thanks to the donors, volunteers and visitors who have dedicated their resources and time to serve and encourage the community.

Here's a detailed look at some of the significant happenings and the impact it made on the community. Hope you will enjoy reading them.

Special Events



Seminar on Mental Health Care by Ms. Sonali Mondal, Psychologist from 'Door Step Mental Health, on 2nd July 2024.



Class on Gender Equality and Empowerment by Ms. Nancy, Gender Specialist from the Department of Social Welfare, Vellore, on 2nd July 2024.



Karate Certificate (Yellow Belt) Distribution, to all the students who completed 3 month training by Karate Master Mr. K. Latchi, on July 17th 2024.



Sports Day was conducted on the 29th of July 2024. Mr & Mrs. Raja Peter and Mr & Mrs. Manoranjan distributed prizes to the winners.



Independence Day Celebration, on August 15th, 2024. Dr. Ravi Isaac, Associate Professor, Muthuram Arts College, Vellore, hoisted the national flag.



Farewell to the class of 2023-24 on 4th July 2024.

Teachers' Day Celebration, took place on September 5th 2024. Ms. Sonia Gurnamal honored all the staff of Pravaham and appreciated their dedicated services.

Graduation Ceremony for the Class of 2023-24 (20th Batch) took place on the 7th of September 2024. Dr. Samuel Oomen, HOD, Developmental Pediatrics, CMC, Vellore, was the Chief Guest. 47 students successfully completed their course and received the certificates.



Campus interviews were conducted on the same day and 46 students secured jobs in Health Care and service sectors in Bangalore and Chennai.



Amazing Love Home, Chennai



Bangalore Baptist Hospital Hospice, Bangalore



Advantage Elder Care, Bangalore



Emmanuel Methodist Home, Chennai



Dr. Shalini Retirement Care Home, Chennai



Autism Residential Community, Vellore

Stories of Success of former students (Class 2023-24)

"Turning insecurity and fear into stability and confidence -Story of Vanitha



Vanitha. K is from a village in Myladudurai District, TN. She lost her father when she was young. Family went into lot of debts by getting her 2 older sisters married. Her older brother did not want to take up the responsibility of taking care of her and her mother. They were forced to take shelter in her aunt's house. Despite these challenges, Vanitha completed her 12th grade. Having no means to study higher, she took up a job in a company in Sriperumbathur for a year and also in a textile shop. It was hard work and long hours with meagre pay. She lost all hopes of leading a dignified life. Life was full of misery and struggle. She did not have a house to go to as her mother took up a job as a cook residing at the place of work. Even in her sister's house there was no safety for her. She felt vulnerable and insecure. At this juncture Vanitha's mother heard of Pravaham from her employer. Vanitha joined Pravaham and successfully completed the course.

Today, she works as a Nursing Assistant in Bangalore, a job that has brought security, stability and hope to her life. She is confident that she can take care of her self and her mother. Vanitha is grateful to God for bringing her to Pravaham which not only gave her financial security but also confidence and courage to face the future.



From Dreams to Reality - Thirumala's path to a new Beginning"



"My name is Thirumala, I am 22 years old, from a small village in the Jawadi Hills. Life here is hard. There is no bus service to my village and I have to walk 4 km just to reach the main road. Despite these challenges, I managed to study up to 12th grade. After that, my father couldn't afford to send me to college in the city. So, I stayed home, helped with farming, and took care of the goats. Many times, I felt hopeless and wished I hadn't been born as a girl in such a rural place. I dreamed of moving to the city and finding work, but it seemed impossible. My cousin from the next village joined Pravaham Community College, and she encouraged me to join too. At first, I was hesitant. It had been four years since I discontinued my studies and I didn't have the confidence to go back to school. My cousin completed her course, found a job and started earning right away. I saw her transformation and felt inspired. I finally gathered the courage and enrolled in the Health Assistant course, in 2023.

I completed the course successfully in 2024. Now, I'm working in Bangalore. I am grateful to God for this chance to study again which changed my life. It has brought me joy and fulfillment, and I now see a future full of possibilities."



Inauguration of Class 2024-25 (Batch 21)

34 four students were enrolled for the academic year 2024-25 and the course was inaugurated on 7th Sept. 2024.



Founder's Day was celebrated on October 2nd, 2024. Rev. Fr. Alosius Irudayam, Mr. Paul Divakar, Mrs. Annie Namala and Ms. Sonia Gurnamal participated in the program. They encouraged the students to uphold the values of humility, faith, perseverance, and love, which the founder had lived.



Annual Cultural Day was organized on the 7th December 2024. We were honored to have Padma Shri Dr. Mammen Chandy, former Director of Tata Medical Centre, Kolkata, and Mrs. Anu Mammen as Chief Guests, for the program. Dr. Mammen Chandy gave an inspiring and thought provoking message to the students and to the community. Students performed dances, dramas and skits exhibiting their talents.



Christmas celebration took place along with the Annual cultural program. All the students, staff , volunteers and senior citizens received gifts. We thank all the donors for their generosity.



Workshops and Awareness Programs

Medical Checkup & Counseling on Health Issues, on November 27th. Pravaham organized medical check up for 34 students at CMC, Bagayam, where Mrs. Gifta, Social Worker, conducted a counseling session on HIV and personal hygiene.



Human Rights Education & Training
Workshop on Human Rights Education was held, on 13th December, covering topics such as non-discrimination, dignity, and autonomy. The session was conducted by Mr. M. Theo E. Stephens, an Engineer, Social Activist and Educator .



Drug Awareness Program
On December 18th, Mrs. K.S.A. Saraswathy, Inspector of Police, PEW, conducted a session on the dangers of Alcohol and Drug abuse. The students actively participated in a competition discussing the impact of alcohol on families and communities.



Ms.Selvi Dayalan and Ms.Jayashree attended the State level **workshop on 'Care of older adults with critical illness; a patient-centered approach'**- at CMCH, Vellore.



A testimony of a student, finding confidence and hope, at Pravaham.

Here is the story of Tamilselvi, student from the Class of 2024-25, whose life has been transformed during her 6 months with Pravaham.

Tamilselvi's Story - overcoming setbacks to build a stronger tomorrow.

Tamilselvi is 25 years old. She was a bright student and after her 12th grade, her parents took loan and helped her to get into a Nursing College. After one year of college, she lost her focus, fell in love with a man who was not educated and both of them got married against parents' wishes. They had two sons. Her husband worked as a stone cutter in a quarry and it was not a permanent job and they faced lot of hardships. Everyday living has become a struggle. The family got into huge debts. Tamilselvi regretted the mistake she made in her life. She dreamed of a bright future for her sons but their future looked bleak to her. She lost all hopes of sending them to an English medium school. In this desperate situation, it is her husband who heard about Pravaham and encouraged her to return to school and pursue her studies.

Pravaham reignited her passion for learning. Through the support and motivation of teachers and mentors at Pravaham who understood her struggles, she found the strength to continue her education.

In the six months at Pravaham, Tamilselvi's perspective shifted completely. She now approaches life with hope, knowing that her struggles are not the end, but part of her journey toward a brighter future. Tamilselvi is not only doing well academically, but also learning how to navigate life with resilience, belief in herself and in God. With renewed hope, she now believes in a brighter future for her family and dreams of providing a good education for her sons.



Community Outreach Programs conducted from July to December 2024

As part of our curriculum, students actively participate in community outreach programs aimed at raising awareness on health, nutrition, sanitation, and environmental issues.

Medical Camps at Pravaham

Pravaham organizes free medical camp, once a month, where senior citizens and patients from nearby villages receive medical checkups and care. We are grateful to Dr.Pushparaj and Dr. Daisy Singh for their dedicated service.

No. of Beneficiaries: 40 to 45



Senior Citizens' Support Program

Pravaham supports 37 senior citizens from Venktapuram village, over the age of 65. Every month, they are brought to Pravaham for a half-day session that includes counseling, physiotherapy, medical check-ups, watching movies and playing indoor games. This is followed by serving nutritious meals to all the participants. Nursing tutors and students visit their homes once a month for follow-up care.

No. of Beneficiaries: 37 seniors



Celebrating festivals



Foot care



Enjoying a nutritious meal



Watching a good movie



Home visits by Nursing staff and students

Breast Feeding week awareness program was conducted on 26th Aug. 2024 at Pullivalam village, focusing on the importance of breast feeding for both the child's immune system and the mother's mental health.

No. of Beneficiaries: 37



Cancer Awareness Program on 28th August 2024 at Kalavai, village. **No. of Beneficiaries: 71**



World Mental Health Day was observed on the 10th October 2024 by conducting an awareness program at Venkatapuram.

No. of Beneficiaries: 44



Social Awareness Program was conducted at Ponniammann Koil Venkatapuram In collaboration with students from Auxillium College, Vellore, doing 1st year of Masters in Social work , on 12th October 2024.

No. of Beneficiaries: 98



Health Awareness Program on Heart diseases, how to give CPR and first aid, was conducted in Shenbagam, Kilmanoor, and Ambur, on November 30th 2024.

No. of Beneficiaries: 192



These programs reflect our commitment to community well-being and empowering individuals through education and health awareness. We are proud to continue making a positive impact in the lives of those around us.

Volunteer and Visitor Engagement

Pravaham received visits from several volunteers and mentors, during the second half of 2024. They generously shared their time, wisdom, and experiences with our students.



Life Skills class with Mr. Herbert Samuel and a session with the staff on 23rd July 2024



6 students from Gurukul Lutheran Theological College and Research Institute, Chennai interned with Pravaham from August 15th - 31st, 2024.



Story telling Session with Dr. Vivian Churness , Ms. Hannah Churness, and Mrs. Cynthia Engh Mc coy, on August 29th



Mrs. Ramabai Chacko and Mr. Sushil Adam, well-wishers of Pravaham, visited the campus on the 6th September, 2024 and distributed gifts to the students.



Ms. Susie Dammu and Ms. Prathishta Dammu, wife and daughter of Mr. Dammu Ravi, Secretary, Ministry of External Affairs, Govt. of India, along with Dr. Sunil visited Pravaham, on September 4th, 2024.



Ms. Sonia Gurnamal taking life skill class. 24th September.



Cake Baking class by Ms. Deepika Valaparla and Ms. Sonia Gurnamal. On 30th September 2024



Mr. Aravind Bharathi, Performer and Project Co-ordinator Joyist Club, teaching folk songs on 3rd October 2024



Ms. Cece Zelensky, took Art class and conversational English classes.



Valve education and Exit seminar taken by Ms. Vasthi Sonali R.



Life Skills and value education class by Mrs. Josephin Mary Selvakumari,



Mr. Viswanath, former Rotaract Governor, Dr. S. Aruna, retired Professor of Gynecology from Visakhapatnam, visited on the 7th November, 2024. They donated Mattresses and pillows to all the students.



Please pray for the following needs of Pravaham-

- Good health and protection for all the students and staff
- Committed staff needed - Accountant, Assistant Hostel warden, driver and gardner.
- Van for outreach Programs
- Primary Health and Wellness Centre.
- Senior Citizens Home

Thank you for taking the time to read this newsletter and for your continued support and encouragement. May His grace and strength be with all of us as we walk this journey together.

Lucy Shyamsundar

Local Contributions

PRAVAHAM
A/c no.10507878408
State bank of India
Vellore Branch (02203) Bagayam.
IFS code - SBIN0002203
PAN : AAATP8791P

Foreign Contributions

PRAVAHAM
A/c No: 00000040109012846
State bank of India
(New Delhi Main Branch)
Branch Code: 00691
IFSC Code: SBIN0000691
SWIFT Code: SBININBB104