



Pravaham

Bishop Anandarao Samuel's Community For Peace And Justice

Annual Report 2019-20

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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 Belief

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.

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.

**Board of Trustees
2019- 2020**



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



Community Education Program 2019-20

GRADUATION CEREMONY OF THE CLASS 2018-19,

The 15 Batch of Pravaham Community Education Program took place on the 7th of September 2019. Dr.Mrs.Vivian Churners Retd. Faculty, Dept. of Nursing, university of Southern California, USA was the Chief Guest.

Dr.PrakasaRao, former Professor of Physiology, CMC and Mr. Victor Jayakaran, Director, Amazing Love Home for the senior citizens,Padapai, were the Guests of Honour.



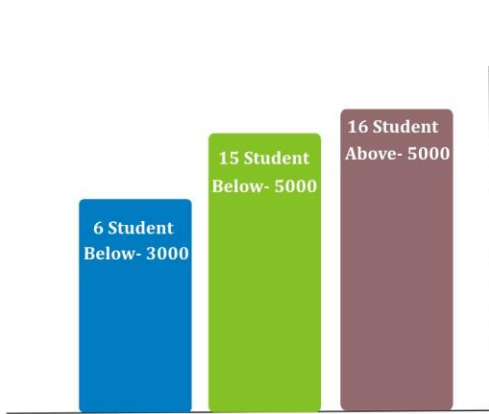
Job placements for all the graduates of the program took place soon after the graduation. Five health service institutions Amazing Love Elderly care Home, Padapai; Advantage home health services, Bangalore, Bangalore Baptist Hospital, Bangalore, Alisha Nursing Home and EMC senior citizen's home Chennai recruited 37 students for jobs. One student found placement in Community health department of CMC Hospital.



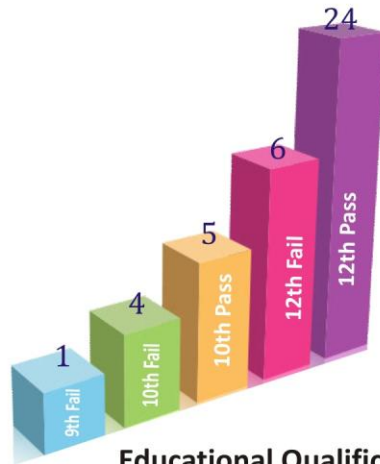
Community Education Program 2019-20

Class of 2019-20 16th batch of Pravaham

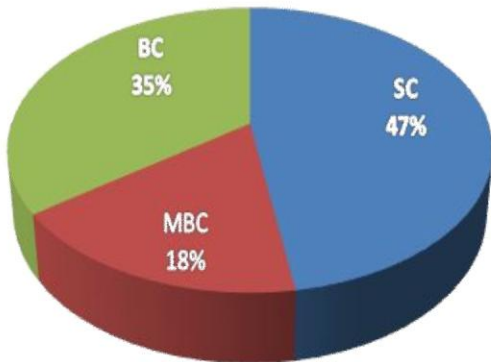
The admissions for the class of 19-20, the 16th batch of Pravaham community college, were completed by the last week of July 2019. 40 students were enrolled in the program. The course was inaugurated on the 7th of September 2020.



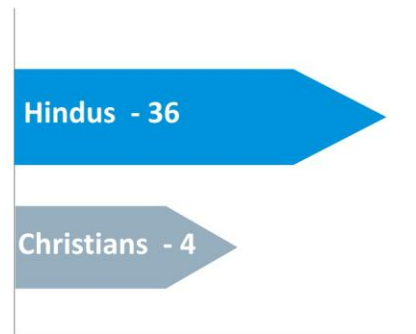
Income Details



Educational Qualification

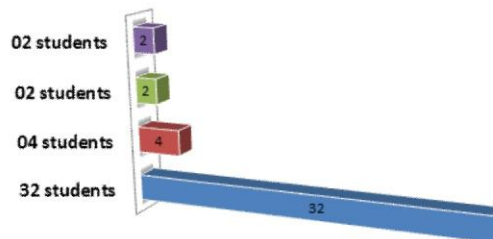


Caste



Religion

■ 16-18 Years ■ 19-20 Years ■ 21-25 Years ■ Above 25 Years



Age

Key Events & Programs 2019- 2020

Visit to Christian Medical College Hospital the Premier Multi-Speciality Hospital in India:

Pravaham students have had the opportunity to visit Christian Medical College Hospital on the 12th of October. They gained an understanding about its workings and got to see different departments. Mr.Durai Jasper, the Public relation officer took the students on a guided tour. For many of the students it was a first time exposure to a Multi-speciality Hospital.

National De worming Day was observed on the 10th of August:

The day was aimed at eradicating intestinal worms also known as Soil-Transmitted Helmets (STH), among children in the age group of 1-19 years. Awareness was given to students on the affects of untreated worm infections and its repercussions on children's health, growth, nutrition and capacity to concentrate and learn.

Talents Day was conducted on the 13th of August, 2019. It was an opportunity given to the new batch of students to show case their talents.

They performed dances, singing, skits and also made some crafts and rangoli with flower petals. Each ones talents were exhibited, appreciated and recognized.



Visit to Christian Medical College Hospital



National De worming Day



Talents Day

Key Events & Programs 2019- 2020



Independence Day



Ms Cece Zelenski



World Mental Health Day

The 73rd Independence Day was celebrated on Aug 15th, 2019 Mr. Erwin David, Value education instructor from Seventh day Adventist school, graced the occasion as the chief guest. He hoisted the national flag and it was followed by a cultural program put up by the students.

Awareness program on sexual assaults and abuse against women:

Mrs. Cece Zelenski, and Ms. Ann Churness along with Ms. Vivian Curness visited PravaHAm on the 8th and 9th of September, 2019. They taught the students simple conversational english through stories from colourful books.

Ms Cece Zelenski educated the students about sexual assaults, abuse and all they need to know about recognizing the danger and protecting themselves. She also equipped them with tips to protect themselves from verbal, visual and physical assaults and abuses. This was of great benefit for the students.

World Mental Health Day:

Mental Health day was observed on the 16th of October. Ms. Lucy Shyamsundar gave a presentation on the importance of Mental health, for developing a stable and healthy personality. She emphasized that people with mental health problems can get better and recover completely. Students were given awareness on early symptoms of detecting mental ill health and ways on how to keep one's mind and emotions healthy. Mind games were conducted for the students, which was thoroughly enjoyed by them.

Key Events & Programs 2019- 2020

'Founder's Day' was observed on the 30th of September 2019- Dr. Shameen Prashantham and Deepali Prashantham were the chief guests. Dr. Shameen Prashantham stated that Pravaham was started on a very strong foundation of service, faith, dedication and truth by Bishop. Ananda Rao Samuel. He also said that those who work and study here are to be built on this foundation.



Medical Check-up for students by the Community Health Department of CMC Hospital: As many of the students come from homes where they can afford to eat only one square meal a day, it was found that they suffer from nutritional deficiencies like Anaemia, protein deficiency, angular stomatitis etc. All the students were given thorough medical check-up in CMC Hospital on Oct 28th. Any medical problem diagnosed was treated and followed up with the same hospital.

150th Birth Anniversary of Mahatma Gandhi, was celebrated on the 2nd October 2019. Students took part in essay writing and elocution competitions. A skit based on an incident from the life of Gandhiji, was enacted.





Dr. Xavier Alphonse, founder of Community education program in India, Director, Indian Centre for Research and Development of Community Education (ICRDCE) visited Pravaham on the 20th of November 2019. It was an honour to have him with us.

He addressed the students and the staff and motivated them to build self-confidence and develop positive attitude towards life. He encouraged them to turn their dreams into thoughts and thoughts into actions and reach their goals, which would benefit them and the community around.



ICRDCE visit

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.



Birthday Celebrations

Key events & Programs 2019-20



Annual Cultural event and Christmas celebrations took place on 7th Dec 2019. Students and staff put up a beautiful and meaningful program under the direction of Mrs. Gita Dawson. It was attended by parents of the students, villagers around and well-wishers of Pravaham from Vellore, Chennai, Bangalore and Hyderabad. Rev. Dr. Varghese Thomas, Professor, SAIACS, Bangalore and Ms. Suja Thomas were the Guests of Honor. Each student was given a gift and appreciated by the management for their performance. This was followed by a special dinner.



Staff family get together was held on the 21st of December 2019. Games, singing and group activities were conducted and all the staff with their families enjoyed taking part. It was a good time of bonding and fellowship with one another.



Annual Cultural event



Staff family get together

'SUNSHINE HOME - New hostel for Pravaham students



On the 25th of January 2020, the new Hostel was inaugurated by Mr. Sonu Vaswani and Ms. Manju Vaswani, in the presence of our chairman Fr. Aloysius Irudayam, Co-founders Mr. Paul Divakar and Ms. Annie Namala, Trustees of Pravaham, Ms. Sonia Gurnamal and many friends and well-wishers of Pravaham. The hostel has 3 dormitories, a study hall, dining hall, rooms for wardens and an office room. It can accommodate 60 students comfortably.

We are deeply grateful to Mr. Sonu Vaswani, Philanthropist, founder of Koshambh Charitable Trust, a humble and successful entrepreneur, for his generous and kind heart in funding the project. We are also thankful to Mr. Prem Kumar of Arch Garments HK for his kind contribution towards this project. Pravaham community is deeply indebted to Ms. Sonia Gurnamal and Mr. Raju Lalwani who initiated and strived hard to raise funds through their friends for this project.

Thanks to Mr. Johnson Augustine, the building Engineer, who constructed the hostel aesthetically and functionally.



The 71st Republic Day was celebrated on the 26th of January 2020. Ms Sonia Gurnamal and Ms. Monica Chadwani were the chief guests. The national Flag was hoisted by Ms. Sonia Gurnamal and Ms. Monica Chadwani took salute at the March past by the students. Mr.Samuel Kundan, Software Engineer, grandnephew of the founder, spoke on the significance of India being a Republic, and the rights and the responsibilities of a citizen of a Republic nation.

Students put up a colorful cultural program which was enjoyed by all.

'Women's Day was celebrated on the 15th of March.

Women from Venkatapuram village, the students of Pravaham Community College, and their Mothers participated in the program. Talks on issues relating to women's health and empowerment were given., The program also included health check-ups, film shows, games, and entertainment. Dr.Carol Devamani, RUSHA, CMC, was the chief guest. She gave a valuable talk on the importance of good health practices pertaining to food, hygiene and environment. She also spread awareness on the symptoms and signs of common health problems that affect women and factors that reduce the risk of being prone to the disease.



71st Republic Day



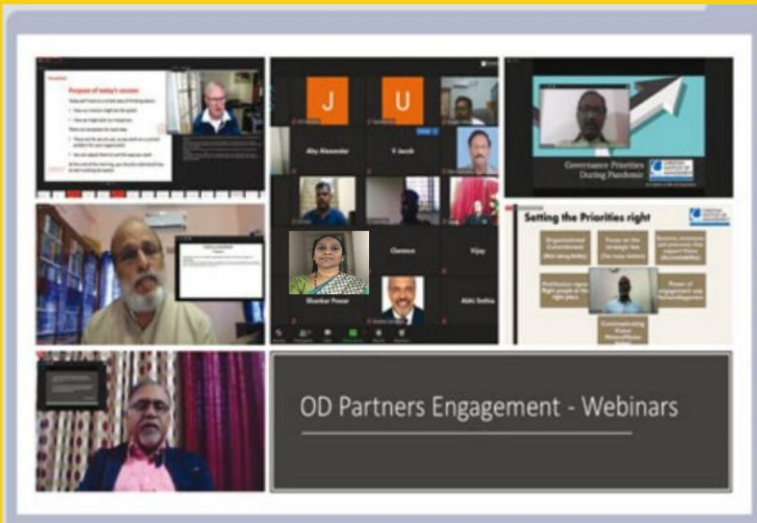
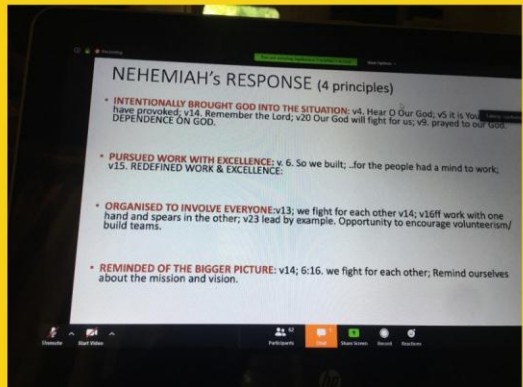
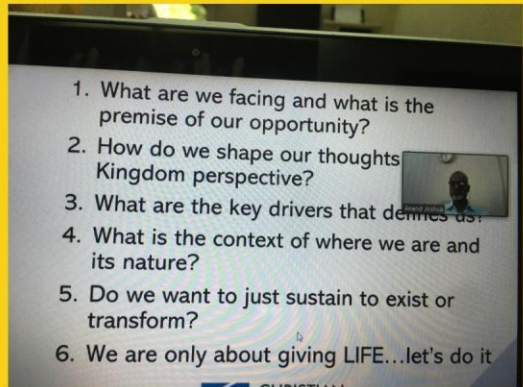
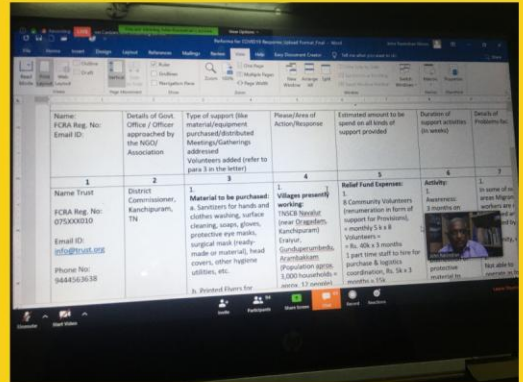
'Women's Day

Chitra.E who attended the program from Venkatapuram said, “I never enjoyed my childhood as I was married at the age of thirteen and became a mother by the age of fourteen. With an alcoholic husband, my married life is full of misery. Today I was able to forget all my troubles and enjoy the day. Now I am aware of my rights and I've got the confidence that I can give a good future for my children. I even had an opportunity to play games and win a prize too. I am very grateful to Pravaham for inviting me to this program.”

Mrs. Jayalakshmi, from Sattuvanthagal village said “I missed one day's wages by attending this program but it is worth participating in it, as I learned so many things useful for my life and I had lot of fun to.”

Capacity Building for the staff of Pravaham:

- Mrs. Anitha Kumari and Mrs. Jayashree teaching staff of PCC, attended the Teachers' Training Programme on 15th of December 2019, conducted by ICRDCE, Chennai, for the all the teachers of community colleges in India. This program was greatly beneficial because it equipped the teachers to prepare the students for NSDC assessments.
- The director and the accounting staff attended a webinar on 8th April 2020 conducted by Mr. John Ravinder, on accounting procedures of FCRA.
- Mr. C. Ravi attended a webinar organized by the CIM on 17th April 2020 on the topic Global recession effects on NGO's.
- Mrs. Lucy Shyamsundar, Managing Trustee, participated in a seminar on "Driving or Drifting into the new normal" on May 14th 2020. This enabled and enlightened her to foresee the new challenges because of the pandemic and to be prepared to adjust to the new normal.
- The Managing Trustee also attended a webinar on Tips to CEO's /Leaders in understanding the present times.
- Ms. Kowsalya and Mrs. Shyamsundar participated in a webinar on FCRA Amendment Act 2020 and FCRA Renewal process on September 28, 2020. This helped them understand and analyse the amendments of foreign contribution act amendment, 2020.



RESOURCE SUPPORT FROM FRIENDS OF PRAVAHAM.

Ms. Sangeetha, HR from SIHRLC, Karigiri, visited.

Pravaham on the 17th of August, 2019 and gave a motivational talk to the students of Pravaham, quoting from the life of Dr. A.P.J Abdul Kalam, former president of India.

Ms. Christie Van Vaugt visited Pravaham from September 2nd to 24th September 2019.

Under the guidance of Ms. Christie the students made beautiful artefacts and had the opportunity to work with paints, beads and other craft material. These sessions helped the students relax and feel happy over their accomplishments and creations. We are deeply appreciative of Ms. Christie Van Vaugt for giving these classes to our students from the past 10 years.

Dr. Prakasa Rao, former Professor of Physiology, CMC

never missed an opportunity to teach the students of Pravaham about Human Physiology whenever he visited Pravaham. On the 10th of September, he took a class on the importance of the Muscular system of the human body. He simplified the subject and made the class very interesting to the students.

Mrs. Vasantha Thomas, counsellor and motivational speaker, Pondicherry visited Pravaham on the 4th and 5th of February.

She took 2 sessions for the students on building self-esteem. She encouraged them saying no obstacle is big enough to overtake. She also counselled students individually, especially those having problems.

Mr. K. Palani, Health inspector, visited Pravaham on March 3rd 2020 and gave awareness to the students on Corona Virus and Dengue and its causes. He also explained how the virus spreads, its prevention and treatment.



Ms. Sangeetha, HR from SIHRLC



Ms. Christie Van Vaugt



Dr. Prakasa Rao,
former Professor of Physiology, CMC



Mrs. Vasantha Thomas



Mr. K. Palani, Health inspector

COVID 19 Lock down impact on Pravaham community college



Pravaham community college was closed on the 17th of March and all the students were sent home. They missed 5 months of training.

Internship at Rehabilitation centre, CMC had to be cancelled because of the Lock down.

One month of Counselling classes at Christian Counselling centre were also missed because of Covid lock down.

The staff soon made adjustments to the new normal and tutors took extra effort to get in touch with the students and found out about their welfare. Counselling was given to students and their parents who were going through stressful times without work and being in lock down.

They created email Ids and started online classes through whatsapp and email. By June 2020 they completed the syllabus. Students were brought to Pravaham in small groups of 10 and were given practical training in their subjects.

Testimonies of transformed lives of our former students

Sumithra - a student of Pravaham - Class of 2016-17.



Sumithra had passed high school but her father couldn't afford to send her for higher education and hence got her married at a young age. She has two children and it was difficult for them to run the family on a single salary.

The desire to study further and equip herself did not die down in Sumithra even after 10 years of completing her high school. She heard from a social worker of CMC about Pravaham which gives school drop outs an opportunity to continue their education. Her husband who works as an Attender in CMC

Hospital encouraged her to get a diploma in Health Assistant

course. She went back to studying after a gap of 10 years when she joined Pravaham in 2016 and successfully completed the course in 2017. Sumithra is now employed as a Village Health worker in CMC Community Health Department. She came with her husband to our Christmas program in December 2019 and shared how her life has changed for the better. She is now confident that she can provide her children with better education and quality of life. What really touched us was the donation of Rs.5000 that she gave from her first salary as a token of her gratitude towards what she received she from Pravaham.



Dyana, a student from the class of 2016-17 hails from the local village of Venkatapuram. She is the 2nd daughter of a family of three girls. Her father is a farmer and mother worked as a daily wage laborer in the fields. Her father, an alcohol addict, always fights with his wife and children. Whatever he earned he spent on drinking and the family went in to severe debts. Though Dyana passed class



12th, she couldn't go to college because of her family situation. At this juncture she came to Pravaham to Study Diploma in Health Assistant course. Meanwhile Priya, her mother joined Pravaham as a support staff. Dyana completed her course successfully and got a job as a health care provider. She repaid the family loans and supports her sister's education. Dyana was very efficient in her work and takes care of her patient with much care and devotion. As the patient had to go to Singapore, they made arrangements for her to accompany her to Singapore. It was a thrilling experience for her. She had the privilege of going on an airplane for the



first time and visiting another country. Her joy knew no bounds.

Dyana visited Pravaham last month with a bagful of chocolates for all the students and staff and shared her testimony which motivated all the students.

Pooviarasi, Royal Kumari and Vinnerasi are 3 sisters belonging to a family of four girls studied at Pravaham at different years. They come from a very poor family and their father who worked as coolie died at a young age leaving behind four young daughters and their mother. Their mother worked in a coconut farm as a daily wage laborer, earning a meager salary of Rs.70 a day. She couldn't have educated her daughters and meet the family's needs but for the support she received from her elder daughter who completed the Nursing Aide course at Pravaham and was working. Pooviarasi, shared the burden of running the house and sent her two younger sisters to study at Pravaham. Today all the

three, trained by Pravaham are working in different Health care institutions. After living in a thatched house without electricity for many years, they have built a concrete house. They thank Pravaham for lifting up their lives from depravity to dignity.



Vishnu Priya and Indhumathy, former students of Pravaham (2018-2019 batch)

who are working in the 'Spring Valley Assisted Home for the Elderly', near Vellore, visited Pravaham on the 13th of March. They were beaming with confidence and the satisfaction of standing on their legs was written large on their faces. They were thrilled to show us their new bikes bought with their salary. They shared their success stories with the present batch of students and distributed sweets to all



the students and staff. Vishnu Priya says “Two years back it looked like my dreams will remain a dream but today, thanks to Pravaham, I can achieve more than what I had imagined. My greatest satisfaction is that my widowed mother need not depend on my relatives for financial help. I am confident that with God's help we can overcome all the obstacles and build our lives.

” Indhumathy said that she was able to relieve her family's financial burdens and repay some of their loans and this brought a lot of peace to the family. Her mother, despite having a lot of health problems, used to leave the house at 4 am to sell vegetables and come back late in the afternoon. After Indumathy started earning, her mother can relax a bit and take care of the family.



Pravaham students show the spirit of sharing and giving

“Sacrificial giving is not giving out of abundance, it is giving with much understanding ,purpose and a sincere heart”.

Sixteen students who passed out in Sept 2019 were recruited by Advantage Elder care, Bangalore as Nursing Assistant. On October 15 we received a call from the Manager of the Home asking for our Bank details as all the candidates wanted to contribute from their salary to Pravaham . We are really proud to say that they sent Rs.41500 to sponsor a student to study at Pravaham.

We thank the girls for their big heart. May God bless their sacrificial giving.



Tamilarasi is the oldest student in the 2019-20 batch of Community Education program.

She had a miserable childhood as her mother committed suicide when she was 13 year old. Her father struggled to bring up the four children. Tamilarasi was happily married. She



was blessed with 2 sons and her husband took good care of her. Her life plunged into deep darkness when her husband died in a road accident in 2018. She went into depression thinking about her future. “How will I raise my two sons without a job? What is going to be my future?” were her fears. At this time through a social worker from CMC Hospital, Tamilarasi was introduced to Pravaham. Determined to build her life and give a good future to her sons she joined the course at Pravaham. In the beginning, Tamilarasi was



depressed and always sad. She was afraid about how she would cope with her studies after a gap of 13 years and compete with younger classmates. With counseling and love that she received from the staff and her classmates she started overcoming her grief and took part in all the activities. After completing 7 months of the program, Tamilarasi was confident that she could take care of herself and her 2 boys. She was a hardworking student and stood 2nd in her class. She was moved to see the staff of Pravaham at her house with the Ration packages, during the pandemic. She said “I don't feel orphaned any more. When a daughter is struggling, her mother will send rations to feed her. Likewise, Pravaham is thinking of us even when we are not there”. She thanks God and all those who supported her and helped her to turn a new chapter in her life.

Gayathri, lives with her mother and her elder brother. Her father was an alcoholic and left the family when they were young. Though he lives two streets away he never talks to the children or supports them. Gayathri's mother always dreamt of sending her children to college and seeing them in good jobs. Single-handed she brought up the two children working as a maid and doing some odd jobs and educated them up to class 12. She couldn't afford to give a college education for her children. She went around asking for a loan but in vain, so she sent her son to work in a mechanic shop. The earnings of both the mother and son were just enough to pay the house rent and cover food and other expenses. She heard about Pravaham from a friend and got her daughter enrolled. Gayathri's dreams of getting her diploma and work as a Nursing Aide were fulfilled. The COVID pandemic had badly affected their livelihood. With no savings to fall back on and no work, they survived on Rice porridge(Kanji) for many days. Gayathri's



mother said that the relief sent by Pravaham had come at the right time to give them life. Gayathri, completed the course successfully and is at present working in Chennai and supporting the family.

Story of S.Ramya: S.Ramya, is a dalit girl from a remote village named Sathuvanthangal, about 60 km from Pravaaham. Her father and mother are daily wage laborers. They live in a half completed house where there are no doors and windows. Ramya always felt very insecure living in that house. Her father is an alcoholic and whatever he earns he spends on alcohol without supporting the family and harasses his wife and children. On the other hand, Ramya's mother worked hard and sent Ramya and her siblings to school. Ramya, successfully completed class 12. from a government school, where education was provided for free. She wanted to study further but her father refused to spend any money on her higher education. Disappointed, Ramya went to work in a manufacturing company which makes car parts, to help the family. The long hours of work were very tedious for Ramya. Her hands would bleed from winding the wires. At this time she heard from her cousin about Pravaaham and convinced her parents and got enrolled into the Diploma in Health Assistant course.

She says that the training at Pravaaham had impacted her life significantly and she not only acquired vocational skills but also learnt many valuable lessons pertaining to her physical and spiritual life. Her whole perspective on life has changed, she is now confident that her life has taken a turn for the better and that with God's help she will be able to lead a dignified life. Ramya is immensely grateful for the support she received to continue her education.



Community Outreach Program

Health camps and awareness programs



At Venkatapuram



At Pravaham



At Krishnapuram

Health camps and awareness programs:

The students of Pravaham community college put to practice what they learn, at Health camps and awareness programs conducted by Pravaham. They assist the Nursing Tutors and the staff of Pravaham in taking height and weight.

Monthly Health camps at Pravaham :

Pravaham conducts health camps every third Saturday at its campus for the villages near by. Committed and renowned doctors volunteer to give health check up to the patients. Due to COVID19 the monthly health camp was suspended from March 2020.

244 patients were benefitted through the monthly Health Camps.

Health Surveys:

Pravaham works closely with the Health department in Timiri Panchayath in conducting health surveys. Nursing Tutors along with the students regularly visit villages surrounding Pravaham and conduct health surveys. They make a record of the various health issues of the villagers. Once the data is gathered they inform the Health department at Timiri if they observe any fever and other infectious diseases among the villagers..

62 houses in Thanakulam, 143 houses in Venkatapuram and 94 houses in Krishnapuram were surveyed.



At Thanakulam



Community Outreach Program

Health awareness camps in villages around Vellore

Health awareness camp was conducted at Kavanoor, in the CSI Church premises on September 17th 2019, Sep 14th.

72 people benefitted from the nearby villages.

World Mental Health Day was observed on the 16th of October 2019.

The students of Pravaham and Venkatapuram government school were given awareness on Mental health, the importance of Mental Hygiene and the need to be sensitive to people affected with mental illness.

Awareness program on Dengue fever was given to the students of Government High school at Balamathy on the 17th of October 2019. They were also given tips on how to maintain their mental health.

On October 22nd, 2019 Awareness on prenatal and postnatal care of mothers and newborn babies was given to pregnant women who visited Timiri primary Health Centre.

53 sets of clothes for the new born babies were distributed to the pregnant mothers.



Awareness camp at Kavanoor



Mental health day at Venkatapuram



Mental health day at Palamathy



Timiri primary Health Centre

Community Outreach Program



Health camps at Kanyambadi



Health camps at Santhavasal



Health camps at Venkatapalayam



Monthly health camps at Venkatapuram



Monthly health camps at Thanankulam



Health camps in Kanyambadi, Santhavasal, Venkatapalayam in Polur district were conducted on the 7th of March 2020 to educate the community on Tuberculosis and Breast cancer .

Awareness was given on the symptoms and signs of the disease early diagnosis and intervention. Eight students studying at Pravaham community college, hailed from these villages. The villagers were happy to see their girls coming back to them as Health Aides.

60 members from Kanyambadi, 24 from Santhavasal and 85 from Polur (Venkatapalayam) were benefitted through this program.

Free Health check-ups were conducted to the participants.

Corona virus positive cases were identified in India in the first week of March 2020. Pravaham rose up to the occasion and started conducting awareness camps, first to the students, and then to the villages around Pravaham and Vellore District on the 11th of March.

The rural communities were made to understand the affects of corona Virus, its symptoms and the precautions to be taken. Protein rich diets were suggested to increase the immunity. Hand washing technique was demonstrated by our students to the community to avoid the spreading of the virus.

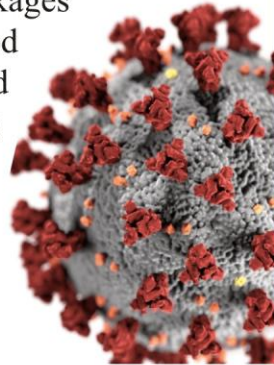
Home visits to the chronic patients by the Nursing Tutors- Jayashree, Anitha and Selvi Dayalan :

Due to covid-19 lock down, we couldn't conduct the monthly health camps at Pravaham. On May 22nd, 2020 and on June 19th, 2020 the Nursing staff visited the patients' homes. They checked their blood pressure and random blood sugar levels and gave them medicines as per the doctor's order. Totally 17 patients were benefitted from this. The patients were very happy to get themselves checked and receive medicines in the lock-down.

COVID 19 Relief programs

Pravaham reached out to the suffering in many villages in the Arcot Taluk, during the unprecedented times of COVID 19. With limited resources in hand, we ventured into relief work trusting God for the provision and with love for our neighbours. We were able to distribute dry ration package consisting of 5 kgs of Rice, 1 kg of Dhal, 1L of Oil and 2 soaps to 100 families belonging to Erular, gypsy and other tribal communities, as well as migrant laborers from Odisha, working in rice mills and brick kilns. More families belonging to the Dalit community, tribal groups, and sanitary workers approached us for help. Thanks to the timely support we received from our donors, we were able to distribute a bigger package of provisions consisting of 25 kgs of rice (1 bag), 1kg of dhal, 1kg of urad dhal, 1/2 kg of dry beans, 1L of oil, 250gms of chili powder, turmeric, tamarind, 2kgs of onions, 5 bath soaps, 5 washing soaps, a mask and a pack of sanitary napkins to 263 families.

They were delighted to receive the relief packages containing so many items. We received good support from the Revenue inspector, VAOs and Police Department who accompanied us during the distribution of relief. They appreciated Pravaham's efforts and said that thus far no other charitable organization in the district had given a package of this measure and quality.



Relief Operations during covid 19

Reaching out to the families of our students

During the lockdown, we were anxious about the well being of our students and were in touch with all of them. All the girls who come to study at Pravaham, come from a vulnerable population, who struggle for day to day living. They are also more prone to infection with no proper food and lack of immunity, and find it difficult to maintain self-distancing in very small living spaces. It made our hearts heavy when we heard that in some families the mothers and the girls were bearing the brunt of the COVID situation. On one hand with no earnings for 3 months and on the other, increased domestic abuse by their alcoholic fathers who are frustrated of being confined to the home with no alcohol. Thanks to the support we received from our donors we were able to reach out to all the families of our students. On the 7th and 8th of June, 2020, Mr.C. Ravi, our administrator along with two staff Solomon and Ravi, visited 21 villages and distributed the ration packages. The students were so happy to see the staff and receive the provisions.

Our heartfelt thanks to Ms. Claudia Brinkman Weiser, Chairperson, Evangelische Kirche, Kassel, Mr. Bernd Kappes, General Secretary, CEF for their generous contribution towards the relief.



Details of Food Materials Distributed

Rice - 5 kgs
Dal - 1 kg
Groundnut oil - 1 ltr
Bath soap - 1 Nos
Detergent soap - 1 Nos
Mask - 1



SI NO	DATE	NAME OF THE VILLAGE	COMMUNITY	NO.OF PERSON
1	01/05/20	Maruthuvampadi	Erular	43
2	01/05/20	Varadhesimalai	Erular	16
3	01/05/20	Venkatapuram colony	SC	15
4	01/05/20	Venkatapuram	MBC	9
5	01/05/20	Odisa camp	(Brick workers)	8
6	01/05/2020	Thanakulam	BC	3
7	12/05/2020	Venkatapuram colony	SC	23
8	12/05/2020	Otteri	BC	1
9	12/05/2020	Auto drivers	-	2
Total				120

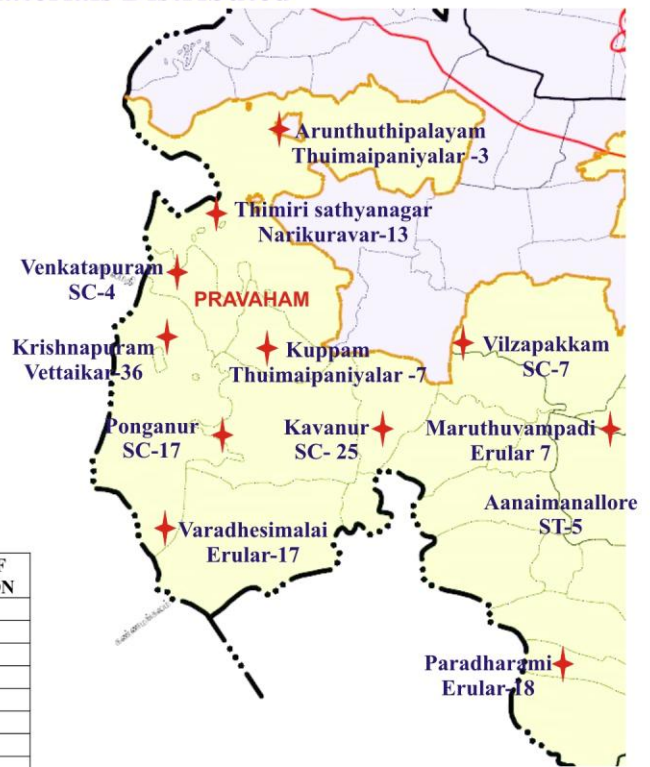


TOTAL 120 Persons

Relief Operations during covid 19

Details of Food Materials Distributed

Rice	- 25 kg
Red gram	-1 kg
Blackgram	-1kg
Karamani	-1 kg
Oil	-1lts
Redchilly	-100gms
Turmeric powder	-100gms
Tamrind	-250gms
Washing Soap	-5
Bath Soap	-5
Mask	-1no
Sanitary Napkin	-1pkt



TOTAL 169 Persons

SI.NO	DATE	VILLAGE	CASTE	NO.OF PERSON
1	04/06/2020	Maruthuvampadi	Erular	7
2	04/06/2020	Vilzapakkam	SC	17
3	04/06/2020	Aaaimanallore	ST	5
4	04/06/2020	Kuppam	Thuimaipaniyalar	4
5	04/06/2020	Arunthuthipalayam	Thuimaipaniyalar	3
6	04/06/2020	Kavanur	SC	25
7	04/06/2020	Ponganur	SC	17
8	04/06/2020	Kuppam	Thuimaipaniyalar	3
9	04/06/2020	Venkatapuram	SC/ Thuimaipaniyalar	4
10	04/06/2020	Paradharami	Erular	18
11	04/06/2020	Thimiri sathanagar	Narikuravar	13
12	04/06/2020	Varadhesimalai	Erular	17
13	04/06/2020	Krishnapuram	Vettaikar	36
Total				169

COVID-19 relief to community college students and staff families:

Name of the place	No. of. Students & No.of. Staff
07.06.2020 Venkatapuram, Arcot, Pudupadi, Chakkaramalur, Katpadi, Sethuvalai,Latheri, Gudiyattam, Vellore.	21 students
08.06.2020 Thorpadi, Kannigapuram, Santhavasal, kannamangalam, Polur.	15 students
Pravaham Staffs	09
Auto Drivers	04
Pravaham Security	02
Total	52

Relief Operations during covid 19

DETAILS OF FOOD MATERIALS DISTRIBUTED IN JUNE 2020:

Rice- 25 kgs, Red gram-1 kg, Blackgram-1kg, Karamani-1 kg, Oil-1lts, Redchilly-100gms, Turmeric powder-100gms, Tamrind-100gms, Washing Soap-5, Bath Soap-5, Mask-1

Details of villages

1.	23/06/2020	Venkatapuram	BC/MBC	14
2.	23/06/2020	Thanangulam	MBC/Vettaikar	10
3.	23/06/2020	Venkatapuram Colony	Sc	25
4.	23.06.2020	Vargur	BC/MBC	07
5.	14.08.2020	Bagayam	Erular	28
6.	17.08.2020	Panjapandavar malai	SC/ST	32
TOTAL				116



At Maruthuvampadi



At Venkatapuram colony



At Arunthuthipalayam



At Krishnappram



At Aanaimanallore



At Varadhesimalai



At Kuppam

Training and Conference Centre Activities 2019 -20

Pravaham Training & Conference centre is being used by many institutions, organizations and churches to conduct seminars, workshop and training.

- *Number of seminars/ workshops conducted by Pravaham* - 3
- *Number of training and programs conducted at Pravaham* - 56
- *Number of participants* - 2182



Rural School Teachers' get together was organized on 8th November 2019. Pravaham provides a platform for all the teachers in Timiri panchayath and a few schools in Vellore dist. to come together and share their experiences. We also discussed how best Pravaham and the teachers together could come together to help the rural children excel in their academics and give them career counselling.



Feed Back: Mr. Arjunan from Venkatapuram Govt. School, Mr. David from MD School, Punganur and Mrs. Ruby, Punganur School said that the sessions gave them an opportunity to meet other teachers from different rural schools. It also gave them a platform to share the difficulties and problems they face and discuss how to meet those challenges. They said that they had a relaxing and refreshing time at Pravaham.

Environmental exposure and talks on the importance of 'Mental Hygiene'

to the students of Madras Matriculation School.

40 Students accompanied by 6 staff from Madras Matriculation School, Vellore visited Pravaham on a field trip. Students were taken on a nature walk and explained the importance of trees and protecting the environment to reduce the effects of Global warming. They were also taken to the rice fields and the process of rice cultivation was shown to them. Many medicinal plants were identified and their benefits were explained to the students. Mrs. Shyamsundar gave a talk on mental hygiene and how it is important to live a healthy life.



Staff meetings through Zoom:

Staff meetings were conducted regularly during the lock down. The first meeting was held on April 27th. The possibility of reaching the students and giving coaching through online was discussed. Tutors were assigned to prepare question banks for each subject and also collect the Family welfare status and the E-mail Id's. Mr. Ravi.C was assigned to find the beneficiaries of COVID -19 relief programme, with the help of the revenue department.



Community Hall Opening after renovation:

We had to renovate it to replace the worn out thatched roof which was leaking and make it insect free by enclosing it fly proof widows. The building contractor, Mr.Johnson Augustine and his team did a wonderful job in renovating and retaining the openness which is unique to the chapel structure. On the 6th of September, the chapel was opened by Dr.J.Prakasa Rao, former Head of physiology, CMC.

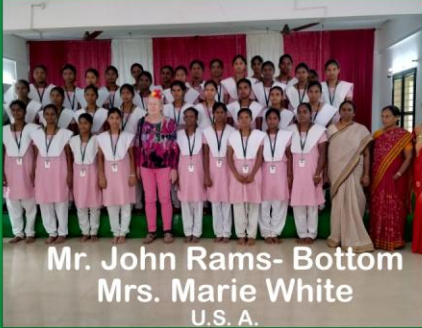


Renovation of old school structure:

The thatched wall less school building was renovated on February 2020. Metal roof was put and cemented floor was replaced with tiles. In future we plan to modify this room into recreation center.



Visitors to Pravaham 2019-20



Mr. John Rams- Bottom
Mrs. Marie White
U.S.A.



Rev. Varghese Thomas
Mrs. Suja Thomas



Mrs. Indhumathi Tahsildar



Mr. Viswanath Governor of
Dr. Aruna Viswanath
Governor of Rotaract club, Visakapatnam



Ms. Sonia Gurnamal
Mrs. Monika Anil Satram Chadwani



Dr. Angeline Christopher
Mr. Christopher Rajkumar



Bishop Sundar Clark's Family's



Students from SAIACS Bangalore



Dr. Geoff Levin
Rev. Joy Levin



Mr. Thomas,
Mrs. Vasantha Thomas



Dr. Prashantham
christian counseling center

Visit from our Partners

Global Ministries - USA

Dr. Deenabandu Manchala , Area Executive for Sothern Asia , Global Ministry visited Pravaham on the 25th of September 2019. He spent time with the students and motivated the students to be the salt and light of the world and transform the community.



Ms. Catherine Nicholas , Co-Executive of Global ministries USA, made a brief visit to Pravaham in spite of her hectic schedule, on the 9th February, 2020. She spoke to the students and encouraged them to pursue their goals despite of many challenges they face.

Christian Education Fund - Germany

Mr. Bern Kapps, General Secretary, CEF ,Kassel, Germany along with Ms.Claudia Brinkmann-Weiser, Chairperson, Protestant church, Kassel and Mr. Olaf Dellit, Christian Journalist visited Pravaham from February 21st to 24th. During their visit they had interactive sessions with the students and staff. They visited the homes of some of the present students, and also the former students at their workplace 'Amazing Love Home' in Chennai. Their visit was a great encouragement to the students and staff.



Tribute to Dr.J.Prakasa Rao



Dr.J.Prakasa Rao, former Head, Dept. of Physiology, CMC, Vellore, a very dear friend, benefactor, and supporter of Pravaham, was called to glory on the 6th, June 2020. His sudden demise indeed is a great loss to the Pravaham community.

Dr. Prakasa Rao and Mrs. Swarna Rao, the trustee of Pravaham worked closely with Bishop. Ananda Rao Samuel and supported him in starting the Pravaham Trust.

He was a gentleman in the true sense of the word. Humility, generosity, simplicity, compassion, and care for the disadvantaged were hallmarks of Dr. Prakasa Rao. He went through life always thinking of others and reaching out to the needy.

Whenever he visits Pravaham he would love to interact with the students and take a class on Human physiology. He would come down to their level and make the class very interesting. He would treat everyone with great respect and dignity, from the students to workers, to teachers.

Through his generous support to Pravaham, many lives of school dropout girls were transformed and rebuilt. The sweet fragrance of Dr.Prakasa Rao's life lingers on and he continues to live in our hearts.

We truly love him and he will be missed beyond words.



Acknowledgments

At the outset we would like to thank our chairperson Fr.Aloysious Irudayam and Trustees of Pravaham for their wise counsel and guidance, support and encouragement in carrying forward the vision and the mission of Pravaham.

Pravaham community is sustained through the support and encouragement of a number of individuals and organizations that are deeply committed to the betterment of the marginalized communities.

Our heartfelt thanks to our partners and friends of Pravaham for believing in us and supporting the work of Pravaham without whose help we could't have made an impact on the beneficiaries.

We thank Christian Education Fund, Germany and Global Miniseries, USA for supporting the Community Education Program and enabling us to reach out to many young school dropout girls.

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, making a positive difference to the community.

We are deeply indebted to the Nursing superintendent of Christian Medical College hospital for giving Pravaham Community College students an opportunity to do internship at CMC rehabilitation centre.

We express our heartfelt gratitude to Dr.Prashantham, Director, Christian Counseling Centre, Vellore, for giving free training in life coping skills to our students for the last 17 years.

We are indebted to the directors of Advantage senior citizens home and Mr. Victor Jayakaran of Amazing Love home for the aged, Bangalore Baptist Hospital, Alisha Nursing Home for giving job placements to all our students.

Our deep appreciation to Mr.John Ravindran, Auditor and his team for auditing our accounts and guiding us in complying with all the rules and procedures laid by the concerned Authorities.

I would like to specially thank the team of Pravaham, Rev. Devadoss, Mr. C. Ravi, Mrs. Jayashree, Ms.Senthamil Dayalan, Ms.Kowsalya, Ms.Anitha Kumari,Mr.Salomon, Mr. Ravi Kumar, Mrs. Kumari, Mrs.Raniamma, Mrs.Ammu, Mrs.Suguna, Mrs.Priya and the Security staff for their dedicated service to Pravaham.

I would like to conclude this report with grateful thanks to the Almighty God for guiding, providing and upholding Pravaham through all these 26 years in a marvellous way and enabling us to continue its mission despite many challenges and limitations.

