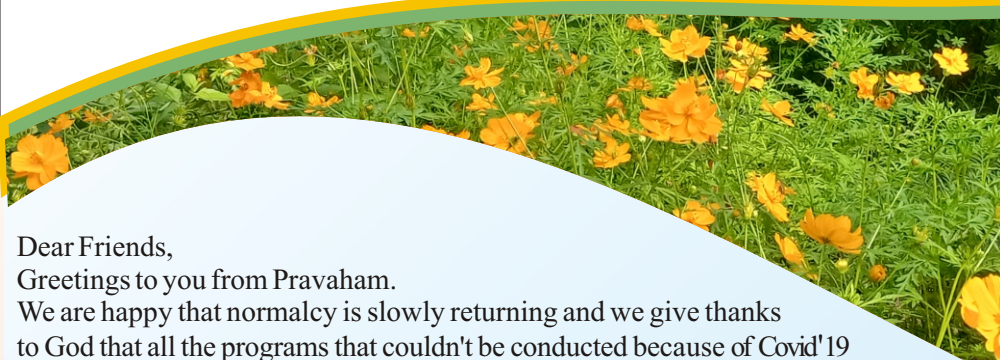


Ever Flowing Stream



Dear Friends,
Greetings to you from Pravaham.
We are happy that normalcy is slowly returning and we give thanks to God that all the programs that couldn't be conducted because of Covid'19 restrictions are now happening in person from February 2022. Community education program is going full swing and the students will be completing the course in four weeks. The Training and conference center is being used by many organizations and institutions to conduct seminars, workshops, retreats and trainings. I am happy to share with you, through this newsletter, all the happenings at Pravaham, from January to June 2022.

New Year celebrations:

Pravaham community started the year 2022 with a thanks giving service for the wonderful way God has lead us and protected us through the past year. After the service we had singing and fun around the camp fire and released sky lanterns to commemorate the New year.



Republic Day

was celebrated on the 26th January 2022. The programme started with March-past and flag hoisting, followed by cultural programmes. Mr. Noah Eastman, Assistant Professor, Voorhees College and Dr. Felecia Noah, were the chief guests.



Rotaract Club Activities:

Students attended an *online seminar* conducted by Rotaract club (Pallavaram) on ***“Women Empowerment”*** on the 13th of Feb 2022. ***Dance competition*** was organized by Rotary club of Tiruvannamali and Vellore on the Feb 27th 2022. Pravaham students took part in the competition and won the 1st prize.



Visit to CMC Hospital Vellore on 26th Feb. 2022 students were taken for 'Hospital Exposure' to CMC Hospital, Vellore. Mr. Durai Jasper, PRO, CMCH gave complete orientation about the Hospital.



Talk on 'a closer look at Love' was organised on ***Valentine's Day***, 14th Feb. 2022, Mr. John Ruban, Mr. Erwin David and Mr. Jayakumar were the resource persons.

Ethics and value education class was taken by Mr. Jayakumar and Mr. Arun Kumar on 5th March. They spoke on goal setting and achieving goals.



Women's Day Celebration

12th March 2022:
Dr. Jessie Lionel, former Prof. Dept. of Obstetrics and Gynaecology was the chief guest. She inspired the students through her message that as a woman they are special in the sight of God. As a part of the celebration, Essay writing competition on the topic-'My experience as a woman and the changes I look forward to from the community' was conducted. Ms. Baby and Ms. Sangeetha won the first and the second prize respectively.



Celebration of 'Nurses Day' was on the 21st of May. Sr.Mercy Priya Kumari, Lecturer, School of Nursing, Government Medical College, Vellore was the chief guest for the program. She gave an inspirational talk on how Nurses should have Sympathy, Empathy and Compassion towards the patients.



Medical Check-up was conducted at CMC Hospital for 17 students on April 6th 2022. This helps us to assess their state of health and to take specific measures to address the problem through medication and diet. Ms.Gifta Priya, Medical Social worker took class on Menstrual hygiene and sexually transmitted diseases on the same day.



Excursion - two day trip to Chennai and Mamallapuram:

44 students and 6 staff went on a two-day trip to Chennai and Mallapuram. For many students it was the first trip to Chennai and first sight of the sea and seashore. Students enjoyed playing in sea water and were fascinated by the ancient culture at Mamallapuram.

Rajeshwari.P expressed saying "It is simply an out of the world experience. We thoroughly enjoyed the beach, good food, the bus ride, seeing historical places and zoo. It is something we have never ever imagined. We are deeply grateful to all the donors who made it possible for us to go on this amazing trip."



Community College Teachers Training 25th and 26th April 2022:

Ms.Jayshree and Ms.V.Anitha, Tutors of PCC, attended a two day training program conducted by ICRDCE for all the community college teachers in India. The Training was given in the curriculum and the norms of NSDC and the ways to motivate and train students who are school drop outs.



Internship at Christian Medical College Hospital- Rehabilitation Centre:

Students had 4 weeks of internship from April 18th to May 13th 2022 at CMC Rehabilitation center. They learnt many nursing procedures and skills from experienced nurses and therapists at the hospital.



Basic Counselling Classes at Christian Counselling Centre:

Students attended 3 week Basic Counselling classes at CCC in May 2022. They had the privilege of learning from eminent persons like Dr.B.J.Prashantham and other professors of counselling. All the students received a certificate after the completion of the class.



Alumni visit Pravaham

It is always a joy to see the old students of Pravaham come back as confident, mature and independent young women. 11 old students visited Pravaham from January to June 2022. Each one beaming with happiness and a dignity that comes from being able to stand on their own feet and dreams being fulfilled.

All of them interacted with the present batch students and shared their experiences on how the training at Pravaham has completely transformed their lives for better.



Listen to what our former students say



Saraswathi.S student of the year 2016-17 visited Pravaham on the 2nd of Feb 2022. She shared this with the staff and students “I was once grazing goats, as my father couldn't afford to pay for my higher studies. Today I stand before you as a Nursing graduate, it is all because of Pravaham. Seeing my zeal to pursue higher education, Pravaham helped me study General Nursing at Karigiri School of Nursing, Vellore, by paying the college fees. I completed the course in December 2021 and I am now working as a Nurse in CMC Hospital, Vellore. Not only my family but my whole village is proud of me. I am the first dalit graduate of my colony.”

Saraswathi spent a week at Pravaham and took classes for the students on Nursing procedures and taught them new songs.



Sheeba Rani.S visited Pravaham along with her children and her sister **Stella Rani.S** who also studied at Pravaham 2008 batch.

Sheeba is working in Bangalore and Stella is working in Vellore. They shared their testimony with the students and said “The one year training at Pravaham not only gave us skills to get a job and earn, but it also trained us to be disciplined, good mannered, to have a positive attitude and depend on God. This enabled us to go to places where we could not imagine. Today we both are successful in our careers.”

Dhatchayani.K student of 2017 batch visited Pravaham on the 4th of June 2022. She is working as a Home Nurse for the past 4 years at Radiant Health Services, Chennai. She came to invite Pravaham family for her wedding on the 18th of June 2022.

She shared with the students “my parents refused to send me for higher education because I am a girl and instead preferred to send my brother. I am deeply grateful to Pravaham for giving me a vocational diploma and a job. I learnt to be truthful and honest at Pravaham, which I practised at work and I earned the best Employee Award. The values Pravaham gave me will be with me for lifelong”.

Vadivazhgi.P visited Pravaham on the 2nd of June 2022. She is from 2018 batch, at present working in Advantage Elder care, Bangalore for the past 3 years.

She recalls “I shudder to think what my life would have been if I had not come to Pravaham. I failed in class 12 and I went to work in the farm. It is hard work, long hours in the hot sun. God heard my prayers. Along with a friend I joined Pravaham community college and this has totally transformed my life. Today I earn a decent salary and I asked my father to take retirement from working as daily wage labourer, as his health is not good. I repaired my house and bought a fridge too. My parents are proud of me.”



Friends of Pravaham from various fields share their expertise with the students.

We are truly blessed to have wonderful friends who give their time to counsel the students and teaching and updating them in the latest developments in various fields - Medical and health services, communication skills, Life skill classes, craft work, value education and motivational classes which greatly enhance students' personality and character.



Mr. M. Baskar
General Manager, Neyvelli
4th February 2022.



Dr. Gladwin Khanpur ,
Senior Dentist, CMC, Vellore,
21st March 2022



Flower Arrangement classes by Ms. Arlene Senthilvale an Architect and Consultant, Chennai , 6th of June 2022.



Mr. Kumar, senior Director,
Annamal Educational Trust
27th February 2022.



Mr. Theo Stephens Director,
RHEADS Chittoor
23rd March 2022.



Spoken English Classes were taken by Fr. George Stephen from May 16th to 20th



Mrs. Beulah David Chandran takes Counselling Classes every month.



Mrs. Julie Lavanya Jones,
Professor of counselling, Pune.
26th May 2022



Health team from Thimiri Primary Health Center distributed free sanitary Napkins and Folic acid tablets 24th June 2022.



Basic life support class
Mr. Amul Raj, Mr Ganesh, Critical Care therapist, Sr. Esther senior Nurse,
Dept. of Critical Care, CMCH, Vellore. 24th June 2022 .



Emergency Care and first Aid classes.
Mr. R. Prasanth, Dr. Libania, Dr. Nikitha, Mr. P. Silambarasan, Mr. Rohith.
Dept. of Emergency Medicine 25th June 2022.



Geriatric Care classes
Dr. Surekha .V, Mr. Ernest, Ms. Linda, Sr. Teresa from the Dept. of Geriatrics, CMC. 2nd and 16th July 2022



We are deeply grateful to Dr. Surekha.V, Prof. Dept. Of Geriatrics, CMC, for helping our students get training from the experts in Emergency care, First Aid, Basic life support and Geriatric care from CMC Hospital. Not only was she instrumental in bringing the experts but she herself came along with her team during the weekends and took classes for the students. This is a great blessing to the students and to the staff. 🙏

Tuition classes for the village students - 24th to 31st Jan. 2020:

Rural school children's education has taken a toll because of the lockdown and the lack of facility to attend online classes. Pravaham started a study centre for all the students from 1st to 12th Classes. 86 students from Venkatapuram and Thanakulam villages attended the classes. All the students were served lunch.



Sports day for rural children: On 26th Jan 2022, 86 students took part in various games conducted by Pravaham on the Republic day. Prizes were given to the winners. Students had a great time and fun taking part in the games.



'Rural Children's summer camp' was conducted on Pravaham campus for the students of 1st to 10th class, from 30th April to 3rd May. Every day the sessions started with value education class, singing, followed by spoken English and computer classes. Craft work also was taught to the children. 92 children attended and greatly enjoyed the program. Hot lunch was served to all the students.



Health visits to senior citizens' homes:

Nursing tutors with 2 students visited the homes of 28 senior citizens on the 16th of Feb 2022. They checked their BP, blood sugar, pulse rate and other vital parameters.



Health Awareness Programme

was conducted in Thirumani village on the 30th of April 2022. Awareness was given on Diabetes - its causes, signs and symptoms, foot care, diet and exercise.



Monthly Senior citizen support program:

As the lock down rules were relaxed in February 2022, we planned to bring in the senior citizens of the villages, once a month, for a get together, to give them a time of relaxation and also discuss the problems they face because of health and other issues. On the 4th week of every month around 25 to 30 women and men above 70 years gather at Pravaham. The sessions start with group activities like games and exercises followed by health talks, health check-ups, feet care and medical consultations with the doctor. Dr.K.R.John and Dr. Carol Devamani were resource persons.



Training and Conference Centre:

As the lock down restrictions were eased due to less number of Covid cases, more institutions, churches, organizations and families used Pravaham to conduct trainings, seminars ,workshops and also to reflect and meditate, in the serenity this place offers.

A total of 37 groups used Pravaham Centre from January to June 2022.



25kv Generator was gifted to Pravaham by Mr. Jon and Ms. Jennifer Dietz, friends of Pravaham from Shepherds Grove church, CA, USA.

Pravaham was in desperate need of a generator. Located in a hilly area, electric lines get cut during heavy rains and at times we have no electricity for 2 to 3 days at a stretch. After reading about this need from our previous newsletter Jon and Jennifer came forward to donate a generator to Pravaham. We are deeply grateful to them for this generous and valuable gift to Pravaham.



Please pray for:

- God's protection on students, staff and their families
- New courses to star at PCC
- Senior Citizens Home
- Community college for Boys
- Van for outreach programs

Local Contributions :

Pravaham
A/c no.10507878408
State bank of India
Vellore Branch
(02203) Bagayam.
IFS code - SBIN0002203
email. Pravahamcc@gmail.com

Foreign Contributions:

Pravaham
A/c No: 00000040109012846
State bank of India
(New Delhi Main Branch)
Branch Code: 00691
SWIFT Code: SBININBB104
www.pravaham.org

Thank you for partnering with Pravaham. I hope this will give you a glimpse of how your prayers , donations and visits have touched many lives and enabled us to achieve more than what we thought we could.

Lucy Shyamsundar