

Pravaham NewsLetter

A Season of Growth, Learning & Empowerment

January to June 2025



Dear Friends,

Warm greetings from all of us at Pravaham!

Hope this finds you all well.

We are here again to share with you some of the meaningful moments, milestones and events from the past six months.

Through these events, experiences and nurturing environment given apart from their curriculum, the young women at Pravaham, are beginning to believe in themselves, stepping forward with dignity and a renewed sense of purpose. Your contributions, prayers, and presence have sown seeds of transformation, not only in the lives of the young women we serve, but also in the communities they live.

I hope as you read through these updates, your heart is filled with joy and fulfilment, knowing that you are a vital part of this mission.

Events, Celebrations and Leadership Programs

Rotract Club - installation of new office bearers took place on January 10th in the presence of Rtn. Mr. N. Baskaran and other Rotarians from Rotary Club of Golden City, Vellore.



Pravaham celebrated Women's Day on March 8th, with women from the neighbouring villages of Venkatapuram. Mrs. J. Nancy, Gender Specialist, Social Welfare Department, spoke on Gender Equality, legal rights and emergency help lines for women. It was a day of empowerment and entertainment which included a free health check-up, interactive games and group activities.



The 76th Republic Day was celebrated with great respect and enthusiasm. The National Flag was hoisted by Mr. Arun Kumar, CMC, Vellore. Students commemorated the nation's freedom fighters and reflected on the values of justice and liberty.



Empowering Safety - Seminar on Protection from Abuse was held on March 12th, to equip students with essential knowledge on how to protect themselves from abuse in both school and workplace environments. Led by experienced Social Welfare Officers, Mrs. P. Sudeshna and Ms. Koperundevi, the session provided invaluable insights and practical strategies to be followed.



A Day of Adventure at VGP Amusement Park, Chennai

An exciting one-day tour to the Amusement Park was organized on the March 21st, students were thrilled to go on the amusement rides, play water games and having fun on the beach. The joy and laughter throughout the trip made it a truly memorable outing.



Fire Safety Awareness Program held on April 2nd made students aware of fire hazard prevention, safe extinguishing methods and emergency evacuation techniques. Students actively participated in the live demo gaining essential life-saving skills.



Nurses Day was celebrated on May 9th. **Ms. Arockiaseli Mabel Annarani**, Deputy Nursing Superintendent, CMCH, Vellore was the Guest of Honour. She encouraged the students to serve the patients with compassion, love and commitment.



Successful Family Counseling Program for parents of Class of 2024–25, was held on May 20th. Mr. Viswanath J, Mrs. Mercy Viswanath, and their team led the session, focusing on fostering effective communication, building trust, and promoting forgiveness to create emotionally safe homes.



Rotary Youth Leadership Awards (RYLA) Program was

jointly organized by the Rotary Club of Vellore Golden City and the Rotaract Club of Pravaham Community College, on May 20th. The program featured expert-led sessions on leadership, team building, environmental sustainability, and legal aid for women, aiming to empower students. dance, drama and skits were performed by the students to a fun and enriching experience.



World Environment Day A focus on sustainability.

On June 7th, World Environment Day was celebrated with a tree planting drive near Pravaham. The event was attended by Mr. Vinayagamoorthi, Forest Officer of Punganur RF, and Mr. Sekar, Panchayat President. Mr. Vinayagamoorthi emphasized protection of environment by avoiding single-use plastics and planting more trees.



Learning Beyond Class Rooms

Pravaham students are enriched by many volunteers, who through interactive sessions, work-shops, seminars create vibrant and meaningful learning experiences that go beyond the classroom.

Spoken English class was taken by Mrs. Jennifer Manoranjan, Educationist, Dubai, on February 3rd.



Class on First Aid & Emergency Care was taken by the department of MICU, CMC, on May 16th. Students learnt first aid procedures for drowning, choking, snake bite, fractures etc. which was very useful.



Basic Life Saving Support class was taken, by the Dept. of Medical Intensive Care Unit of CMCH, on June 26th. Mr. Amal Raj and team demonstrated life saving techniques to the students.

Visit to Christian Medical College Hospital (CMCH), Vellore, on March 1st provided students with real-time exposure to hospital operations. Mr. Durai Jasper, Deputy Superintendent, CMC, gave an overview of hospital management and operations. Mrs. Shenbagavalli, GDA Supervisor, conducted sessions on patient care and ward responsibilities



Mr. Pratish Raj, Director of Events, Life Focus Society gave a message to the students on 'Living a confident life by trusting God'.



Mrs. Beulah David, Counsellor and Motivational speaker, Bangladesh took a session on 'Purposeful Living' on June 25th.

Learning Nursing skills at Rehabilitation Institute, CMCH, Vellore



With Nurse Manager - Ms. Arockiaseli Mabel



Dr.V.Surekha, Prof. Geriatrics, **Mr. Ernest**, Occupational Therapist, **Ms.Teresa**, Senior Nurse, Dept of Geriatrics, took sessions on July 5th and 6th on various ways of giving care and comfort to elderly patients, which was very valuable to the students.

Karate Classes were given to all the students from April to June. This program supports physical fitness, discipline, and self-defense in our students, helping them to stand strong in everyday life. Students received yellow belt and certificate from Karate Master.K. Lachi



Beautician course, was given as an add-on program to 11 interested students, along with women from the villages. The 3 month course was completed in June 2025.



Class on Autism Spectrum Disorder was taken by Mr. Pradeep Jaya Tilak, Director, ARC, Anaicut, Vellore, on March 24th. Autism Support Assistant course, an add-on program was offered to Pravaham students. Six students took up the course and completed it in June.



Our Visitors: Inspiring Perspectives

Pravaham was blessed with visits from educationists and healthcare professionals to law enforcement officers and international well-wishers. Their presence and words uplifted the community, offering new perspectives and reinforcing the mission of Pravaham.



Rev. Dr. Gideon Jebamani, USA, and Dr. John Jayakar, former professor, T.T.S. College, Madurai, visited on the 17th of January and spent time interacting with the students and encouraged them to aim high.



Mrs. Swarna Rao, former Trustee and benefactor of Pravaham, visited with her family on March 15th.



Mr. Andrea Lacedeli, Production manager, De Rigo Refrigeration, Italy, accompanied by Mr & Mrs. Samuel Manoranjan, visited on the May 8th.



Dr. Mary Ramasamy, from KC Patti, CF Health center on February, 14th.



Medical Check-up for all the students was conducted by Dr. V. Surekha on the 4th of March.



Mr. Pugazh.R, Inspector of Police, Thimiri. May 10th



Col. Amrith Raj and family- 21st June. Mr. Pranesh and Sonali Raj sponsored a special lunch for all the students.

Stories of Lives Transformed at Pravaham

Pravaham is not just a vocational training centre but it is a place where broken lives of many rural young women are rebuilt, their hope restored, and brought light into their lives Below are the testimonies of a few students.

"From struggle to strength — Anbarasi's journey is a testament to resilience and hope.



Anbarasi
Class 2023- 24

Anbarasi grew up in an orphanage because her father, who had leprosy, could not care for three children after his wife left the house due to mental illness. Anbarasi was a slow learner and struggled to finish her 10th grade. She found it difficult to keep up with regular studies, so she was brought to Pravaham. It was a challenge to help her learn vocational skills, but despite being a slow learner,

Anbarasi was always cheerful and kind-hearted. With lot of care, encouragement, and counselling, Pravaham helped her finish the course successfully. After completing her training, Pravaham helped her find a job at a reputed Eldercare Home in Bangalore.

Today, Anbarasi is a confident young woman who supports her family. We were moved when she brought gifts for the staff and students and even made a donation to Pravaham from her first salary. Once a slow learner with a difficult past, she is now a confident caregiver, supporting her father and giving back to the place that believed in her.

Her gift to Pravaham speaks volumes — not just of gratitude, but of transformation.



Vasanthi's journey from hardship to happiness



Vasanthi Mohan
Class 2023-24

Vasanthi Mohan, a 27-year-old mother of two young children, came to Pravaham weighed down by deep sadness and emotional pain. Having failed her Class 12 exams, she fell in love with a man 11 years her senior and got married at the young age of 18. Her life quickly turned into a daily struggle with living in a joint family and her husband who did not have a steady job being the sole breadwinner of the family. Her marriage was breaking with financial strain, and constant quarrels. To support her family, Vasanthi took up work as a security guard. But instead of finding relief, she encountered mistreatment and abuse at her workplace. Overwhelmed and exhausted, Vasanthi felt like giving up on life.

Seeing her deteriorating condition, her church pastor referred her to Pravaham. That decision changed everything.

At Pravaham, Vasanthi found more than just education—she found hope. The nurturing environment, the supportive community, and the sense of purpose lit a spark in her that had long been extinguished. She enrolled in the Health Assistant Course, and later, took on the Assistant Support Assistant Course as an additional qualification.

Today, Vasanthi works with children with Autism, offering them care, compassion, and understanding. She brings light into their lives—and in doing so, has found her own.



With pride, she now supports her family and walks with a newfound confidence. "Pravaham brought peace and happiness back into my life," she says with a smile that tells a story of resilience, healing, and transformation.

From Grief to Grace: Hema's Journey of Courage, Hope, and New Beginnings at Pravaham

Hema Jyothsna, a student of class 2024–25, comes from a small village near Ongol, in Andhra Pradesh. Life took a sharp turn for her when she lost her father at the age of 15. Soon after, her mother was diagnosed with cancer.



Hema Jyothsna
Class 2024-25

Overwhelmed by sorrow and stress, Hema failed in class 11 and couldn't complete her studies. Her dreams of becoming a Nurse seemed to fade away. But then, a friend of her late father told her about Pravaham, and she took a brave step to join the program. Coming to a different State, everything felt unfamiliar—language, culture, even the food. But the love and warmth she received from the teachers and community at Pravaham helped her to adjust and grow. She was shy and never came forward to take part in any extracurricular activities. Pravaham helped her to gain confidence by giving her opportunities to take part in social and cultural activities and also to develop leadership qualities.



Hema, now is a confident young woman, full of hope and ready to work and support her mother. She says, "I thank God for the confidence, hope and inner strength that I received from Pravaham. Now I believe that I have a good future and I can stand on my own feet."

Our Community Initiatives

These are aimed to uplift and empower those in need, especially in rural areas with limited access to healthcare and educational resources.

Below are the initiatives taken in the past 6 months.

Visit to Shanthi Gramam - a Leprosy Rehabilitation Home. On January 30th. Pravaham students engaged residents with exercises and lively dances bringing immense joy. This visit offered our students invaluable new perspectives, while for the residents, it was a heartwarming reminder that they are seen, valued, and not alone.



Dental Camp on World Oral Health Day, was conducted in Balamathy school on March 20th, in collaboration with the Rotaract Club of Pravaham, and the Indian Dental Association. Over **170 school students received check-ups**, learned about oral hygiene, and got free toothbrushes and toothpaste.



Health Awareness programs



Prevention of Dehydration and Heatstroke on March 20th at Chetteri
Beneficiaries 57



Diabetes and its effects & measures to control blood sugar levels on April 25th at Kilarasampet
Beneficiaries:97



Free checking of Blood Glucose and BP on May 17th at Gudiyatam.
Beneficiaries: 50



Awareness on First aid produces in emergency and CPR demonstration on May 23rd Sathnur & Myladumpari
Beneficiaries – 50



Awareness on Dengue, and Typhoid, on May 23rd at Kannamangalam & Polur,
Beneficiaries :98



Rural Children's Summer Camp was conducted from May 26th to 30th. The program included educational content with fun activities, including moral and value education (led by Ms. Mariyal S & team with puppet shows), spoken English, computer skills, and mathematics. Children also enjoyed craft work, games, short films, and daily nutritious snacks and lunches. The camp concluded with an enthusiastic Sports Day on May 30th.



Pravaham's monthly Senior Citizens' Support Program offers 35 elderly participants from nearby villages a day of care and rejuvenation. The program includes physical exercises, personal care, entertainment (games, movies, singing), and regular medical check-ups. Participants leave feeling valued, refreshed, and dignified.



Celebrating Pongal

Entertainment program



Exercising with students

Relaxing after a Meal

Monthly Medical Camps at Pravaham provide accessible and quality healthcare to villagers who might otherwise struggle to get reliable medical care. Dr. Pushpa Raj, Dr. Daisy Pushparaj, and Dr. Surekha volunteer their services, offering consultations and treatment to around 40 to 45 patients each month.



Dr. Pushpa Raj, Dr. Daisy Pushparaj,



Dr. Surekha

New Staff Housing: Enhancing Lives

Two new staff quarters were inaugurated on February 16th, by Mr. Paul Divakar, founding Trustee of Pravaham. These beautiful cottages were donated by anonymous members of the Gurnamal family, and the Hastimal Sancheti Memorial. We are truly grateful to Mr. Raju and Sonia Lalwani for their tireless efforts, love and commitment to Pravaham. Ravi and Kumari, after 28 years of loyal service, have moved into one of these new two-bedroom homes, marking a well-deserved upgrade from their previous one-bedroom residence.



Old Staff quarters New Staff quarters - I New Staff quarters - II

Remembering Mrs. Clara Clarke



The Pravaham family would like to pay its loving tributes to Mrs. Clara Clarke, beloved wife of Bishop Sundar Clarke, fondly known to us as Clara Aunty. We celebrate her life: a legacy of compassion, dignity, service, quiet strength, and unwavering faith in Christ

Mrs. Clara Clarke, along with Bishop Sundar Clarke, was a pillar of support to Pravaham—especially after the passing of its founder, Bishop Anandarao Samuel.

She had a way of making everyone feel welcome and at ease—whether through a warm smile, a kind word, or a loving hug. She would sit with our students and staff, never above them but always among them, talking with them and offering wise counsel. Her lessons were far more than simple instruction; they were life-

giving encounters that instilled deep faith in God, strong values, virtuous character, and practical skills that would shape their futures.

She had a heart that truly saw and accepted people just as they were. She showed no distinction between rich or poor, educated or unlettered, she loved everyone with the same warmth and grace, offering each person the dignity and respect they deserved. Her life was a beautiful reflection of Christ's love, poured out in service to "the least of these."

Above all, Clara Aunty was a faithful prayer warrior—someone we could always count on to uphold us in her prayers.

The fragrance of her life will linger on, and her memory will continue to inspire us to live in faith, pray without ceasing, and love without barriers.



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 gardener.
- Van for outreach Programs
- Primary Health and Wellness Centre.
- Senior Citizens Home

We are deeply grateful for your time, prayers, presence and resources shared with Pravaham. The seeds that you have sown generously are bearing fruit in the lives of these students.

Please uphold us in your prayers as we continue to stand firm in our commitment to empower young women and serve the community.

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

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