



Pravaham

Bishop Anandarao Samuel's Community For Peace And Justice



Annual Report 2020-21

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PRAVAHAM COMMUNITY COLLEGE
INAUGURATION CEREMONEY
XVIIth BATCH 2020-21
19th December 2020
Guest of Honour
Mr. P. Divakar Namala
Vice-Chancellor, Pravaaham Community College

Vision

The vision of Pravaham is the realization of the full potential of the oppressed, marginalized and 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.

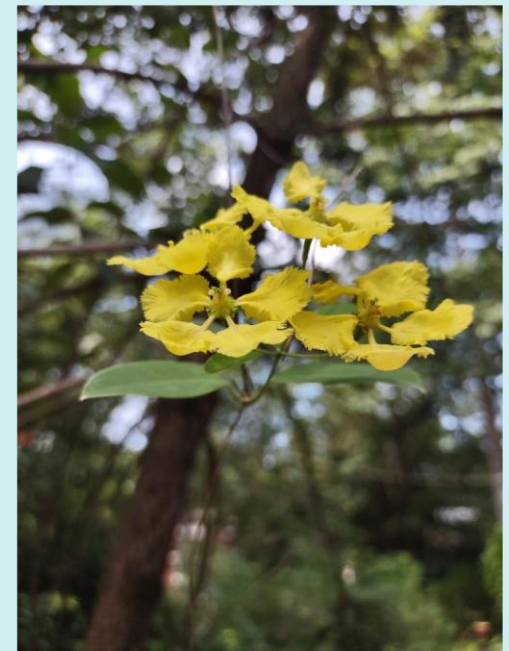
Mission

- 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.

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.



Board of Trustees

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Pravaham Programs

Community Education Program



School dropout girls from rural areas belonging to marginalized and under privileged communities are given vocational and life skills training with placements soon after completion of the course. This is a one year residential program which is given free to the students.



Community Outreach Programs



Pravaham reaches out to children, youth, women and senior citizens in local villages through this program. Health camps, relief distribution during natural calamities, awareness on health, education, child and women's rights and hygiene are conducted in villages in Timiri Panchayath.

Training and Conference Center

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.



Activity Report of Pravaham 2020-2021

The year 2020-21 was a challenging year as never before. The pandemic swept through India at an alarming pace, disrupting the lives of millions. The fear of the vulnerability of our students and staff and their families to the Corona virus was lurking in our hearts. We were also apprehensive of the effect the COVID 19 will have on the finance of the organization, and the impact it might have on implementing the programs planned for the year. Another challenge was adapting to the virtual mode of continuing the community education program.

Thanks to our teaching and office staff, who learnt and creatively started using the internet and kept in touch with the students and coaching them. It was not easy but we have learnt to adapt to the changing scenario. Thanks to God Almighty, to our faithful supporters and to the team of Pravaham, we were able to overcome every obstacle and successfully carry on all the programs scheduled for the year.

Pravaham, stepped into the situation and did relief work joining hands with the District Revenue and Health departments. Our Nursing Tutors and students, assisted in the District Health department's vaccination programs creating awareness about the virus and the importance of stopping the spread of the Virus.

The year 2020-21, though full of challenges, brought about a lot of learning and opening new doors to serve the community.





Community Education Program 2019-20

Classes resumed after the lockdown for the Class of 2019-20 in August 2020. On line coaching was given to the students from June 2020. As many students did not have access to smart phones and internet this could not be conducted effectively. Students in small groups were brought to Pravaham taking all precautions and training was given. Tamil nadu open university examinations were conducted online on September 2020 37 students completed the course successfully. Graduation Program for the 16th Batch could not be conducted because of the Lockdown.

Institutions where students are given placements 2019-20:

- + **Amazing Love Home, Padapai,**
- + **Alisha Nursing Home, Chennai**
- + **Autism Center, Vellore**
- + **Portea Health care Chennai**
- + **Emmanuel Senior citizen Home**
- + **Scudder memorial Hospital, Ranipet.**



Emmanuel Senior citizen Home



Autism Centre



Amazing Love Home



Alisha Nursing Home



Portea Health care



Community Education Program 2020-21

Class of 2020-21(17th Batch)

The admission process for the academic year 20-21 started in September 2020 and interviews were conducted taking all the safety measures. 35 students were enrolled for the academic year 20-21.

Out of the 35 students, Hindus 33, Christians 2 and Muslim 1. We were happy a Muslim was enrolled this program for the first time.

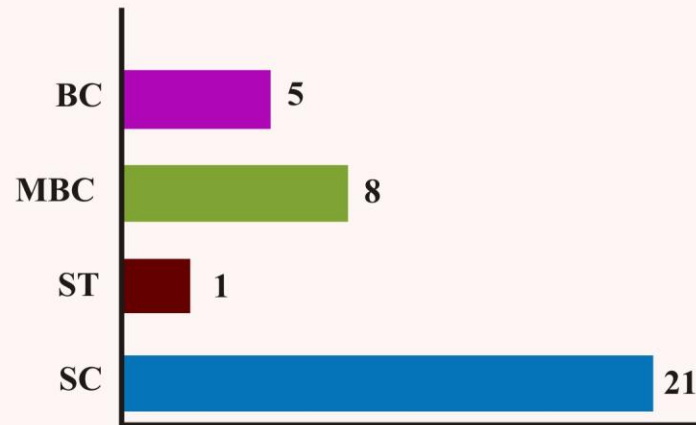
Though students come from different religions and castes they learn to live in peace harmony and. They are taught that everyone is created in the image of God and they learn to live as one family accepting and respecting each other's differences.

Online classes were started for them in October 2020. As all the households of the students have only one smart phone it was a big challenge to conduct online classes. The physical classes started on the 7th of December with 3 months delay because of Covid lockdown.

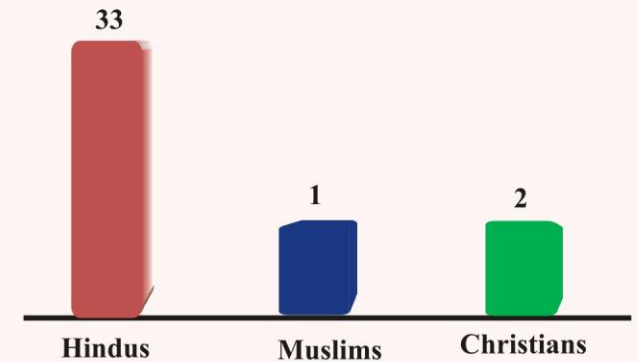
Educational Qualification



Caste Details



Religion





Activities of Pravaham Community College 2020-21

- **The inauguration of the Class 2020-21** took place on the 17th of December: Mr Paul Divakar Namala General Secretary, Global Advocacy and Network and Mrs Annie Namala Director, Centre for Social Equity and Inclusion (CSEI), were the Guests of Honour. Rev. Devadoss , Chaplin, SIHR&LC , Karigiri, dedicated the new batch with prayer.
- **FOUNDERS DAY** was celebrated on the 30th of September 2020. This gives Pravaham Community to remember the founders and their contribution towards the fulfilment of the vision of Pravaham. Mr. Samuel Valaparala gave the message and asked the students to follow the founders and build their life on truth, faith and dedication. Ms. Deepika Valaparala, Preethika Shyamsundar and Shyamsundar shared their memories of the founder Bishop. Anandarao Samuel. Mr.C Ravi shared about the contributions made by Dr.M.Abel, Bishop Sundar clarke ,Mrs.Meena Prashantham and Rev.Philip Aseervadam.
- **Talents day** was conducted for the on the 14th of December 2020 exhibited their talents in singing, Drawing, Dancing, Rangoli and other art works. Each student's talent was recognized and appreciated.
- **Annual culutral programme and Christmas celebration** : Pravaham Community College students and parents, staff, along with senior citizens and single mothers from nearby villages participated in this program. Ms. Annie Namala, Director, Centre for Social Equity and Inclusion was the chief guest. Students put up a colourful pageant of dances, drama and skits.
- **Staff get together:**The staff of Pravaham had their annual get together on the 23rd of December 2020 at Pravaham. We couldn't plan an outing this year because of the lock down. Mr Samuel Valaparla and Mrs. Deepika conducted games for the staff. The staff had good fun and it was a time of bonding between them. Gifts were distributed to the staffs by Mr Paul Divakar and Ms. Annie Namala.



Inauguration Ceremony



Founders Day



Talents day



Annual culutral programme



Staff get together





New Year Celebration



Seminar on Autism



72nd Republic Day Celebration



Ms. Elizabeth

- **New Year 2021** was ushered in at Pravaham with prayer service, followed by camp fire, singing and dancing. For many students it was first time to celebrate the New Year and they were delighted to have the opportunity to participate in the celebrations.
- **Seminar on 'Special needs in children with focus on Autism'** : Ms. Deepika Valaparla, took a seminar to the students on Autism. She explained the characteristics of an Autistic child , how to understand them and care for them.
- **72nd Republic Day Celebration** was celebrated on the 26th of January 2021. Mr. Y.Kirubahara Daniel, Director of MBKG Pannai, Kasam, Vellore was the chief guest. He took the salute at the March Past and hoisted the flag. He addressed the students and motivated them to emulate the lives of Dr. Ambedkar, and Dr. APJ Abdul Kalam in overcoming challenges and reach the goals. He also encouraged them to be humble and sensitive to the pain of others as a health professional.
- **Ms. Elizabeth student of class 2014-15** batch visited Pravaham on March 1st 2021 with her newly wedded husband Mr. James. Elizabeth shared her testimony how Pravaham was a stepping stone for her bright future. After completing her course she worked for 5 years at 'Amzing Love Home' for the aged. Mrs. Sunithy Jayakaran and Mr. Victor Jayakaran, the Directors of ALH, took the responsibility of finding a suitable groom for her and performed her marriage.
- **International Women's Day** was observed on March 10th 2021. Because of Covid we couldn't invite the mothers 'of our students and ladies from the neighbouring villages. Ms. Mary Raghuvver, Retired Bank Manager. Hyderabad and Dr. Benita Paul, were the guests of Honour. Mrs. Mary gave an inspirational talk encouraging the students to be transformed from ordinary woman to extraordinary woman by remembering to have 5 qualities positive attitude, inner beauty, courage dedication and excellence in all that they do. Pravaham students performed a skit and a dance depicting the gender bias and how girls can be assertive for their rights.
- **Awareness program on First Aid during fire accidents** and how to use Fire Extinguishing equipment was conducted on March 20th 2021. Mr. Mageshwaran, Superintendent of District Fire Office Vellore and his team came to Pravaham to take class and give awareness about how to use fire extinguisher. He taught the students how to protect themselves from fire accidents, types of fire extinguishers and how to use them to put off the fire and rescue the person when they are caught in fire in buildings. This was very helpful to the students and the staff of Pravaham.



International Women's Day



First Aid during fire accidents



World Autism Day



World Environment day



- **World Autism Day was observed on April 2nd 2021.** Mr.Pradeep Jeyathilak, and Ms. Cinu Philip, founding Directors of Autism Residential Community from Vellore and their staff Ms. Nivetha and Ms. Soniya were the resource persons. We were proud to see Nivetha and Soniya , former students of Pravaham, now working in Autism centre as care takers of the inmates, gave an excellent presentation on Autism spectrum disorder. This helped the students aware of this mental disorder.
- **National Skill Development Corporation (NSDC) Examinations:** Keeping in mind the looming threat of a second wave, tutors started the classes right away and were able to complete the syllabus for the National skill development examinations. Just before the second lockdown the examinations were conducted on the 29th and 30th March 2021 . All the 35 students passed in the examinations.
- On the **World Environment day**, 5th of June 2021 the staff and Trustee Mr.Paul Divakar planted 100 Banana saplings at Pravaham.
- **Classes resumed from July 2021:** The second wave was very severe and some of our students and their family members were affected but there were no casualties. During the second lock down period we received many distress calls from the students asking us to resume the classes so that they can come away to Pravaham, which is their only escape from the challenging situations at home. Students who had their 1st dose of vaccination were brought back on the 1st of July and started the classes. The rest of the students came in on the 1st of August, after they tested negative in RTPCR test. Special care and precaution were taken to maintain social distancing at school and at the hostel.
- **Sports day** was conducted on the 21st of August 2021 for the students of the 17th Batch 2020-21. Students were divided in to three teams and various games were conducted. Students took part with enthusiasm and team spirit. Staff of Pravaham took part in some games and it was a great day of fun and frolic.
- Seminar on 'How to transit from a student to a responsible employee', was organized for the outgoing students on the 28th and 29th of August. Mr Ravi Stephen and Mrs Deepa Stephen took four sessions focusing on Team work, confidence building, integrity and problem solving. Mrs Deepa Ravi Kumar made them aware of sexual abuse at work place, how to identify the predator and protect them.



Sports day



Mr Ravi Stephen and Mrs Deepa Stephen

- **Independence Day** was celebrated on the 15th of August 2021, Mr. Dr. Ezhil Christudoss, Former Principal of Voorhees College, Vellore, was the guest of honour and hoisted the National flag.

- **Memorable trip to the historic town of Mamallapuram , beach and Amusement park in Chennai** : Students were taken on an excursion to the above places on the 30th of August. It was their first time ever going on a trip. Many of them have never seen a beach nor went on rides in the amusement park. It was an ethereal experience for them.

Arathi says “this is the most joyous, wonderful and super fun filled day I have ever had in my life. I have seen the beach and the amusement park only on Television never thought that one day I will also see in my real life. Thanks to all who made this possible.”

- **Baking class** was taken by Mrs. Deepika Valaparla on the 24th August 2021. She taught the students how to make Banana cake and Chocolate cake in a pressure cooker without using oven and also icing on the cake. The students were thrilled to learn the new skill.

- **Nutrition day** was observed on the 2nd of September: Students were divided into 5 groups each taking a nutrient and prepared a variety of tasty dishes. All of them took part enthusiastically and presented a colourful , delicious and nutritious dishes They also spoke about the importance of nutrients and eating a balanced diet in keeping a healthy life Mr. Kanniappan, External Auditor and Mr.Pavithran were the Judges and gave away the prizes for the best group.

- **Teachers' day** was celebrated on the 5th of September 2021. Students arranged a surprise party for the teachers and the staff of Pravaham and made it a very special day for them.. They expressed their love by giving each one a rose and reciting a small poem specially composed for each staff member.



Baking class



Nutrition day



Tour at Mamallapuram



Teachers' day



Independence Day



Visitors and Resource Persons:

- **Mrs. Kamatchi Thasildar** of Ranipet, Mr. Suresh , R.I.of Thimiri visited Pravaham on the 14th Dec 2020 . Mrs. Kamashi gave a Motivational talk to the students quoting Ms. Muniba Mazari, a story about “Iron Lady of Pakistan”.
- **Mr. Franklin Dayalan**, B.E. Administrator in Hebron School, Ooty and Mrs. Suganthi Franklin visited Pravaham on Jan 20th to 23rd. Mr. Franklin Dayalan gave a valuable talk on Discipline, and how to focus on one's motto and ambition in life.
- **Dr. Ebi Ashley George** , Director of the Healing Garden India, took four counselling sessions on internal healing.
- **Dr. K.R. John** Retd, Prof. Community Health , CMC. took classes on first aid and community health on the March 23rd and Aug 25th .
- **Mr. S. Kumar**, Senior Director, Annammal Education Trust, Chennai, Mrs. Lakshmi Kumar from Chennai visited on July 15th 2021. They interacted with our students and gave a talk on the importance of reading books in our life.
- **Fr. Aloysius Irudayam S.J**, Chairman of Pravaham and **Fr. A. Cyril Anthony S.J**, State Co-ordinator for Human Rights Education Program visited Pravaham on the July 28th 2021. They both encouraged the students not to lose hope but pursue with determination till the goal is achieved.
- **Ms. Arpana Arul Dhas and Mr. Anand Arul Dhas**, first year students, M.Sc Psychology , Christ College , Bangalore volunteered to teach spoken English and communication skills to the students of Pravaham from August 25th to 30th of September.
- Former students **Ms. Suveka, Ms, Swetha and Ms. Gayathri** working in Chennai visited Pravaham on the 5th of August and shared with the present batch how the training at Pravaham has empowered them financially and socially and gave them the hope and confidence to stand on their legs. They also donated a part of their first salary to Pravaham.



Mrs. Kamatchi Thasildar



Mr. Franklin Dayalan



Dr. Ebi Ashley George



Mr. S. Kumar



Dr. K.R. John



Fr. Aloysius Irudayam S.J,



*Ms. Arpana Arul Dhas and
Mr. Anand Arul Dhas,*



Former students



Helping students pursue higher studies:

Pravaham Community Education program not only caters to school drop outs but also to those students who pass high school with good marks and cannot continue higher education because of low financial status. It has been on our hearts to help these students pursue their dream of higher studies. Through the help of our partners we were able to send one student this year to study Diploma in General Nursing and Midwifery



Deepika gets an opportunity for higher studies. Deepika student of 16th batch boarded a bus to go to Chennai to start her new job. As the bus was about to start she got the news that she secured a seat in the Schieffelin School of Nursing at Karigiri and was asked to report to college the next day. Her joy knew no bounds. Deepika comes from a very poor family. Her father was crippled in an accident and mother takes up tailoring to support the family of five. Pravaham helped her to apply for higher studies. Her

family was a little hesitant to send her for higher studies because of the family's financial situation. But we convinced them that Deepika will have a bright future if she has a Nursing diploma. Deepika says " I have no words to thank Christian Education Fund, Kassel, for sponsoring my studies and to Pravaham for encouraging me and giving me confidence in myself." Deepika, now completed first year Nursing course. On April 24th community.



Opportunity for work at special school:

New avenues of opportunity for the students of Pravaham. Two of Pravaham students Sonia and Niveditha were hired by Autism centre, Vellore. They were given training to take care of special needs children in a residential facility. On world Autism day they visited Pravaham along with the directors of Autism centre and took a seminar on needs of special children and how to care for them.



Wedding bells for former student Elizabeth:

We were very happy that Ms. Elizabeth student of 2014-15 batch visited Pravaham on March 1st 2021 with her newly wedded husband Mr. James. Elizabeth shared with the present students ,how Pravaham has enabled her, a school dropout ,working in a tannery , helped get a diploma, find a job and



brought dignity to her life. After completing her course she worked for 5 years at 'Amazing Love Home' for the aged, Mrs. Sunithy Jayakaran and Mr. Victor Jayakaran took the responsibility of finding a suitable groom and conducting her marriage as her father deserted the family when she was a small child and her mother was mentally unstable. She conveyed her heartfelt thanks to Pravaham and all the who supported her education.



Stories of impact

S.Ramya completed Diploma in Health Assistant in September 2020. She found employment immediately as Health Assistant at a Senior Citizens' Home in the suburbs of Chennai.

She hails from a poor dalit family in a remote village Sattuvanthal in Tiruvannamalai Dist. She lived in a half completed house with no doors and windows.



Her mother worked hard and built the house but she could not complete it because of the harassment of her alcoholic husband. Ramya was very insecure living in that house. After going to work, Ramya was able to contribute to her mother's income and together they completed the house. "It was my dream to live in a house built with cement and concrete. I am grateful to Pravaham for enabling me to realise this dream".

Sharon Jayalalitha was married and deserted by her husband at the age of 30. She returned to her parent's house but she felt that she was a burden to the family. Having heard of Pravaham through her cousin, who passed out of Pravaham Community College the previous year, Sharon got enrolled in the Health Assistant Course. After completing the course she is now working at SMH Hospital at Ranipet. Sharon says "I never thought that I will find a job during this lockdown. I am so happy that today I am the earning member of my family and I am supporting my mother and father. My brothers lost their job during the lockdown and I am able to help them".



Tamilarasi says "I thought my life was set for doom and all my dreams for my two sons came crashing down on the day my husband met with an accident and died two years back. But today thanks to Pravaham, I have a hope of a good future for my sons."

Tamilarasi, came to know about Pravaham Community College through a social worker in CMC Hospital, Vellore. She was enrolled in diploma in Health Assistant course, at Pravaham, in 2019 and completed the course in September 2020.

She secured a job as Health Aide in CMC hospital, Dept of Community Health, Vellore, in the month of October. On the Annual cultural day of Pravaham Community College, Tamilarasi came and shared her success story in front of everyone. She donated Rs.10000 from her first salary, as a token of gratitude, towards empowering other helpless women to study at Pravaham. Everyone was moved by her generosity and large hearted gesture.





Stories of impact

Arathi over comes challenges to become a Palliative Care Nursing aide.

Arthi is the youngest of the 3 sisters of Palani family. She lost her mother at the age of 3 years. Father, an alcoholic, left the three girls with their grandmother, and left home. Arthi's old grandmother struggled to take care of the 3 girls and decided to leave them in an orphanage near Vellore. Only Arthi was given admission as the other two sisters were above the age. Arthi grew up there till she completed her class 12. Having failed in her Class 12, she couldn't go to college and through the organization, she came to Pravaham

In Arathi's words "I was stubborn and disobedient in the beginning and often used to get into trouble and got disciplined many times. But my teachers counselled me and advised me and slowly my attitude changed. I concentrated on my studies and I even got an award at the time of graduation. I felt inferior because of my stammering and my self-esteem was low. Soon that too changed as I

received lot of love and encouragement from everyone at Pravaham". Arthi slowly blossomed in a confident young girl... from a bossy girl she became a responsible leader. She completed her course successfully and is now working in Bangalore Baptist Hospital's rural palliative care unit. She says "The one year at Pravaham brought hope to my life. I never thought that I would earn so early in her life and stand on my legs. I am so grateful to God and to all my sponsors for helping me to get this training at

Pravaham and find a new meaning to life."



'I want to build a toilet in my house" that was Srinithi's desire.

My name is Srinithi, I come from a village near Arcot. My father is an auto driver and my mother is a housewife. My father is an alcoholic. He developed diabetes and his toes were removed. My mother met with an accident 3 years back and fractured her leg and since then she could not go to work. We lived in utter poverty.... having a full meal a day was very difficult.

My brother stopped his studies from class 10th and started working in a TV shop as daily wage labourer to support the family. After completing high school my parents couldn't afford to send me to college. Seeing my plight, my pastor referred me to Pravaham. This changed the destiny of my life. I did not have much interest in studies but my teachers

made my classes interesting and I was able to pick up and do well in the class. I am working in Advantage Elderly Care Home, Bangalore, from the 1st of October and I find my work very fulfilling. I am so happy that I am earning and supporting my family. My father and mother are now very proud of me. We live in a one room tin roof house and we don't have a toilet in my house. With my earning, I want to build a toilet and put a concrete roof for my house. I thank you

all for supporting my training at Pravaham".





Community Outreach Program 2020- 21:

Serving and reaching out to the needy in the community:

Pravaham staff and students take active part in conducting awareness programs on health, sanitation, nutrition, disease prevention and other social related issues in the rural communities around Pravaham. Apart from this, relief material in the form of dry rations, clothes, soaps, bed sheets and masks were distributed during the second second lock down and during the Nivar floods.



- **Food packets were distributed** to 175 senior citizens on July 29th 2020. Food packets consisting of Vegetable rice, Egg, sweets and fruits were distributed in Venkatapuram, Thanakulam, Kuppum and Varadesimalai villages. This was sponsored by Mr.Raju Lalwani in memory of his mother Ms.Kanta Lalwani.

- **Cyclone 'Nivar' Relief:** On December 15th and 22nd 2020 dry ration packages worth of Rs.1200 per family were distributed to the Gypsy families belonging to Erular community, whose huts were destroyed by the cyclone at Varadesimalai and Panchapandavamalai.

Beneficiaries 107

- **Senior Citizens and single mothers' relief program:** On the 23rd December 2020, senior citizens above 70 years from the surrounding villages and single mothers of the students of Pravaham Community College were invited to the annual cultural program. Each one was given a blanket and special lunch was given to all. benefitted from this program.

Beneficiaries 56

- **Home Health visits:** Due to the lock down monthly clinic could not be conducted at Pravaham for the surrounding Villagers. Nursing tutors along with students, visited the homes of patients suffering from hypertension and diabetes on September 9th and December 20th 2020, and also on February 16th and May 3rd 2021. Random blood sugars and Blood pressure were checked and medicines were given as per doctors' order.

Beneficiaries 45



Food packets were distributed at Varadesimalai



Senior Citizens and single mothers' relief program



Home health visits at Venkatapuram



Cyclone 'Nivar' relief at Varadesimalai

- **Health awareness program** on Dental Hygiene and Cancer was conducted jointly by Pravaham community college and by the MA Social work students of Auxilium College, in Vandikal village on Feb 19th 2021.

Awareness was given on Dental Hygiene, oral cancer and its prevention songs, skits, film show and talks. Free Medical check-up was done and blood sugar and blood pressure levels were checked.

On the same day social awareness on how to prevent and what measures to be taken against domestic violence against women and children was also given.

Beneficiaries 55

- **Relief measures taken during the second wave of Covid:**

On May 14th, 28th and 31st dry ration packages consisting of Rice, dhal, oil, soaps and detergent, biscuit packet and masks were distributed to 231 families in 5 villages living in poverty identified by the revenue department.

Beneficiaries 231

- **Volunteering at the Vaccination drive** organized by the Health department of Ranipet on 31st May 2021:

Our Nursing Tutors, Ms M. Jayashree and Ms. V.Anitha, on the request of the Health department of Ranipet took part in the vaccination drive at Vardesimalai. They assisted in taking blood sugar and blood pressure for the people before vaccination.

Beneficiaries 55



Covid provisions distributed at Ladavaram



Health awareness program at Vandikal



Covid provisions distributed to sanitary worker

ஆற்காடு அருகே

கொரோனா தடுப்பூசி போட்டுக்கொண்ட இருளர் குடும்பங்களுக்கு மளிகை பொருட்கள்

தாசில்தார் வழங்கினார்

ஆற்காடு, ஜூன் 1: ஆற்காடு அருகே இருளர் குடும்பங்களுக்கு மளிகை பொருட்களை தாசில்தார் நேற்று வழங்கினார்.

ஆற்காடு அடுத்த புங்கனூர் அருகே உள்ள வரதேசி மலைப்பகுதியில் இருளர் இன மக்கள் வசித்து வருகின்றனர். இங்கு கொரோனா நோய் பரவலைத் தடுக்க நேற்று தடுப்பூசி போடும் சிறப்பு முகாம் நடைபெற்றது. இந்த முகாமில் 65 பேருக்கு கொரோனா தடுப்பூசி போடப்பட்டது. அதனைத் தொடர்ந்து தடுப்பூசி போட்டுக்



ஆற்காடு அடுத்த புங்கனூர் வரதேசி மலைப்பகுதியில் நேற்று நடந்த முகாமில் தடுப்பூசி போட்டுக்கொண்ட இருளர் குடும்பங்களுக்கு மளிகை பொருட்களை தாசில்தார் காமாட்சி வழங்கினார்.

கொண்ட அனைத்து இருளர் குடும்பங்களுக்கும் வெங்கடாபுரத்தில் உள்ள தனியார் சமுதாய கல்லூரி சார்பில் அரிசி, பருப்பு, எண்ணெய் உள்ளிட்ட மளிகைப்

பொருட்களை தாசில்தார் காமாட்சி வழங்கினார். நிகழ்ச்சியில் வருவாய் ஆய்வாளர் கரேஷ் மற்றும் வருவாய் துறையினர் கலந்து கொண்டனர்.

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<https://epaper.dinakaran.com/c/60827863>



Health Survey: "Health Survey" was done in Venkatapuram village on the 3rd of August. Mrs.Anitha and Mrs. Jayashree, the staff members of Pravaham along with the students participated in this programme. blood pressure was monitored for the elderly people at this time.

Health survey at Vinkatapuram

Distribution of Grocery kits to the families of our students: On June 4th and 5th of June Pravaham staff Mr.Ravi, Mrs. Jayashree, Mrs. Anitha and Sugandhi along with Mrs.Grace friend of Pravaham visited the homes of all the 35 students found out about their welfare and distributed provisions consisting of 25 kg bag Rice, 2 kg Dhal, 1 lit oil, soaps and masks. Students and their parents were so happy to see the staff and were very thankful to receive the provisions as many of their parents were not going to work because of the lockdown.

"I am Vijayalakshmi, student of Pravaham Community College. I am the eldest of three siblings. My father carries loads in the vegetable market and most of his earnings he spends on alcohol. He doesn't allow my mother to go for work because of his suspicious character as a result our family suffers a lot. What little my father earned also stopped because of no work during the lockdown. We were eating rice kangee (watery rice porridge) and survived and some days we didn't have that also only Tea four times a day. We were so happy to receive rice, dhal and other groceries and sanitary items from Pravaham last month. This has helped our family to have proper meals."



"I am K Srinidhi, my father is an auto driver. We are four in the family. Because of lock down for the past 2 months, my father is not able to run his auto. My mother fractured her leg and since then she too stopped going for work, In these two months we struggled a lot. The groceries given by Pravaham came as a great relief. In addition I am able to get free education from pravaham."



World Breast Feeding Day



Covid relief and health awareness program at Kalavai

- To mark the “**World Breast Feeding Day**” in the month of August, an awareness program was conducted in Government Hospital, Timiri. Pregnant women and mothers were educated on the importance of breast feeding, hygiene and nutrition to the infants. Baby clothes along with a pair of cloth diapers were distributed to 50 mothers from poor families.

Beneficiaries 50

- **Covid relief and health awareness program was conducted** at Kalavai shower of blessing community hall was conducted on the 12th August 2021. Relief materials consisting of dry rations were distributed to villagers from marginalized communities whose livelihood was affected by the second lockdown. Awareness was given on general health check up where BP, Blood sugar levels checked.

Beneficiaries 70

- **Pravaham staff and students Assisted at Special Vaccination Program** for antenatal and postnatal mothers at Timiri Primary Health Centre on Aug 16th 2021. Awareness to the mothers on the importance of vaccination during and after pregnancy was given. Dry ration packages consisting 5 kg rice, 1 Kg dhal , 1/2 lit oil , biscuit packets, and soaps were distributed to pregnant women and infant mothers from poor families who were suffering from malnutrition.

Beneficiaries 76



Antenatal and Postnatal mothers at Timiri Primary Health Centre





Training and Conference Center



Pravaham training centre was closed from April 2020 to October 2021 and many trainings and workshops could not take place because of the covid 19 lockdown.

After reopening in November 2020, 18 groups comprising 671 persons attended trainings and seminars.

Sundar Clarke Cottage renovation

Students' residential quarters were shifted from the training center facility to the new hostel building in November 2020. The old hostel was painted and repair works were carried on to make in to 2 dormitories which can accommodate 20 persons.

We plan to renovate the old school area as recreational facility for Community college students and also for those who come for trainings and conferences.





Acknowledgements

- ✦ Pravaham continues to grow as an organization, transforming the lives of many marginalized and vulnerable young girls and serving the needy in the community.
I take this opportunity to express our gratitude and sincere thanks to....
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Our Partners 2020- 21

In the year 2020-2021, Pravaham was able to reach out to many suffering individuals and communities and give them a helping hand because of the generosity of our Partners. In spite of global crisis due to the pandemic, our partners supported us generously which enabled us strengthen our programs and go beyond the areas of our work.



Amazing Love Home for the Aged
Padappai



Christian Education Fund
Kassel, Germany



Tamil Nadu Open University
Chennai



National Skill Development Corporation
of India.



Advantage Elder care Home,
Bangalore



Global Missions
Cleaveland ,OH, USA



Indian Center for Research and Development
of Community Education, Chennai



Dept. of Rehabilitation,
CMC, Vellore.



Bangalore Baptist Hospital,
Bangalore



Christian Counselling Center,
Vellore



EMC, Chennai



Portea Heal at Home
Chennai



Flowers of Pravaham