

Pravaham

Bishop Ananda Rao Sumuel's Community for Peace and Justice



Annual Report

2022 - 2023

A Community
Which lives to enliven;
Receives to enable,
With God as its source,
Christ as its model,
And people as partners,

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.

The Mission of Pravaham

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.

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.

Board of Trustees

2022- 2023



Fr. Aloysius Irudayam S.J
Chairman



Mrs. Lucy Shyamsundar
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Programs of Pravaham

I. Community Education Program

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



II. Community OutReach Program

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 awareness program are conducted in villages in Timiri Panchayath.



III. Training and Conference Center

Pravaham conducts trainings and seminars partnering with like minded organizations for women, youth, children, families and senior citizens. Pravaham training centre is also used by various organizations, institutions, groups and families to conduct training programs, seminars and workshops.

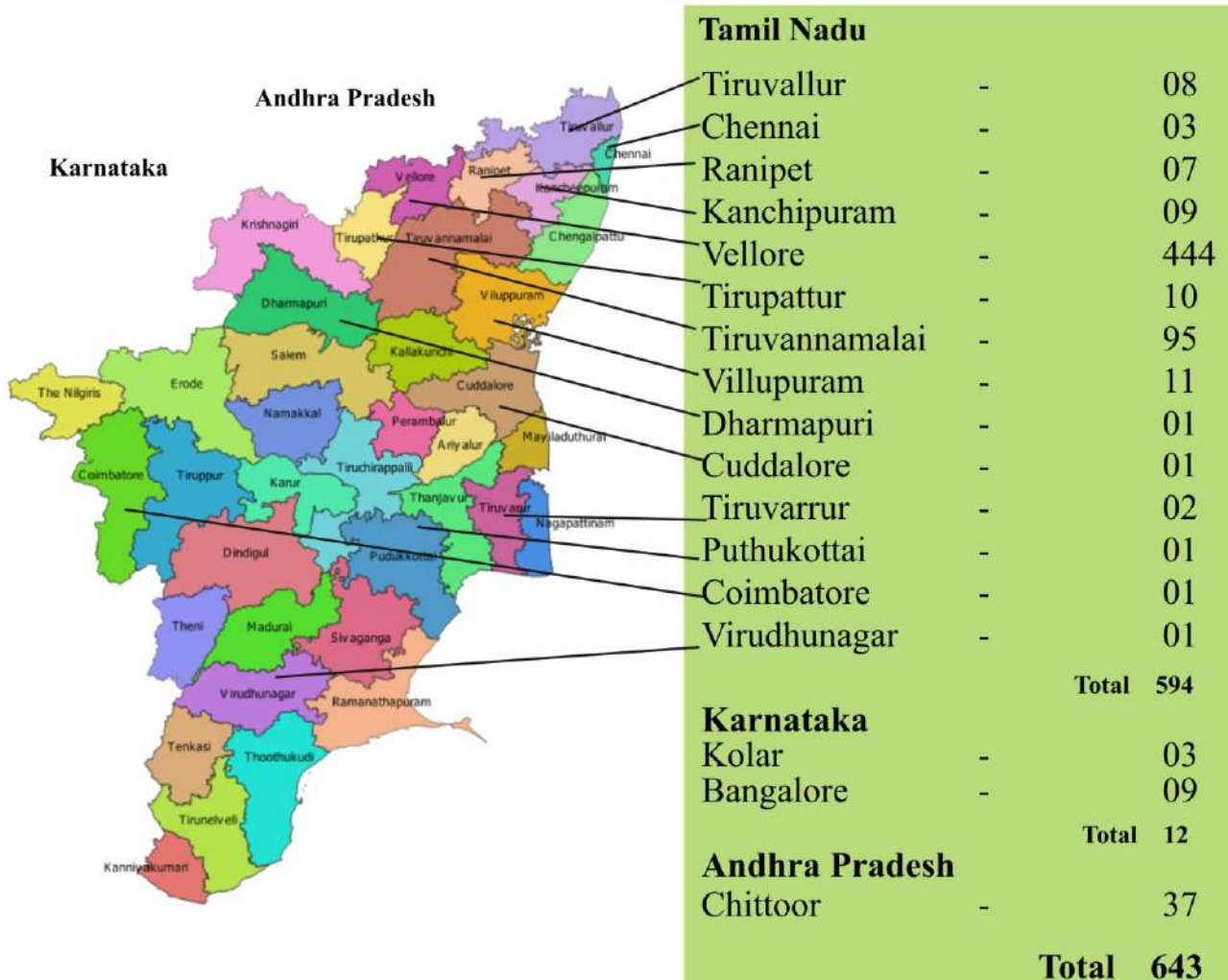


I. Community Education Program

Pravaham Community College, was started in 2004. It has enabled 643 school dropout girls find employment by equipping them with vocational skills in the past 19 years. This program gives holistic education to the students in life coping skills, communication skills, basic counselling skills, moral and value education along with Vocational skills. Pravaham helps to get placement for all the students who complete the course successfully.

This Program has not only impacted the lives of many rural school dropout girls but also their families. Their transformed lives are motivating many other school dropout girls to enrol in the program. Many dropout girls/women not only from the neighbouring districts of Vellore but also from the bordering States of Andhra and Karnataka are seeking admission in to our skill training Program.

State and District wise distribution of beneficiaries under Community Education Program



'Adios' to the class of 2021-22(18th batch)

Thirty seven students of the 18th Batch (2021-22) of Pravaham Community College completed their course on the 30th of July 2022.

'Farewell Party' was arranged for the out -going students by the 19th batch students on the 9th September 2022. It was an emotional moment for everyone in Pravaham to bid farewell to the students.



Farewell to the class 2021-22

Ms.Sonia Gurnamal, educationist and counsellor from Hong Kong, gave a talk to the outgoing students on how to overcome the challenges at their work place and encouraged them to apply all the life skills they have learnt at Pravaham.

The Graduation ceremony 18th Batch, 2021-2022

The Graduation ceremony took place on the 10th of September 2022. **Rev. Dr. Xavier Alphonse, S.J.**, Director of Indian Centre for Research & Development of Community Education (ICRDCE), Chennai, was the Chief Guest. **Dr. Jessie Lionel**, former Prof.Gynecology and Obstetrics, CMC was the Guest of Honour.

In his address Dr. Xavier Alphonse appreciated Pravaham Community College and said that it is one of the best Colleges among all the Community Colleges in India.



Rev. Dr. Xavier Alphonse, S.J.,



Class of 2021-2022

Placement for all students

Campus interviews were conducted and all the students were given employment as Nursing Aides in 5 Health Care and Service institutions in Bangalore and Chennai.



Amazing Love Home, Padappai



Advantage Elder Care, Bangalore



Emmanuel Home, Chennai



India Home Health Care Pvt Ltd, Chennai



Bridge Home Healthcare Pvt Ltd, Chennai

Former Students' visit Pravaham

Alumni of Pravaham Community College from batches 2015 to 2019 visited Pravaham on the day of the Graduation.

They shared their stories of success during the program. They also donated to Pravaham towards sponsorship for students.



Visit to Pravaham Students' work place

We visited Advantage Elder Care Home at Kothanur branch, Bangalore on 1st November, 2022, and met all the students who were working there. It was a surprise for them and they were over joyed to see us. We were very happy to hear the words of appreciation from the authorities and the patients about the good work Pravaham students were doing. When we were leaving, they gave a contribution of Rs. 5000 to Pravaham.



Advantage Elder Care Home at Kothanur branch



Spring Valley senior citizen's community at Vellore

Spring Valley senior citizen's Home near Vellore, invited us for the Christmas program of their community. Six of our students are working there.

We were very happy to see the students cheerfully taking care of the elderly. Dr.Prabhakara Choudary, former Professor, at University of California- Davis, a resident at of Spring Valley was very appreciative of Pravaham trained Nursing Aides. We were humbled when he said "I know no other organization of such a compact size that is making such a giant impact on their local and regional communities".

Success Stories of our former students

“Coming to Pravaham changed my life, from hopelessness and disappointment to joy and fulfilment.”

Deepa .V- Class 2021-22



Deepa with her parents

Deepa comes from a small hamlet in Jawadi Hills, a remote tribal area in Tiruvannamalai Dist. about 60 km from Vellore. She is the eldest of 3 siblings. Deepa's father is an alcoholic and mother works as a labourer in the fields and feeds the family. Seeing her desire to study, a local social worker helped her to get admission in to a boarding school in Vellore. She was the first literate in her family. She passed class 12th and did some courses but did not find any job. Frustrated and disappointed she worked as a daily wage labourer in a Mobile factory near Chennai. Deepa was 22 years when she

joined Pravaham having heard about it from a community worker in CMC. She completed the course in 2021-22. She is now working as a Nursing Aide



at work place

“I was disappointed and frustrated with life but Pravaham helped to change my situation. I am happy that I am able to earn and support my family and lead a dignified life. I am grateful to my sponsors for giving me the opportunity to study at Pravaham and turned my hopelessness in to joy” Deepa

Rubini.D - class 2020-21

Rubini lost her father when she was a month's baby. Her mother worked as a daily wage labourer at a construction site. She couldn't take care of her children, so she left Rubini and her brother in an orphanage when they were very young. Rubini, failed in Class 12 and couldn't go to college. It was a big disappointment for her as she was hoping to do higher studies, find a good job and take care of her mother.



She was afraid that she would have to work as a labourer like her mother. Coming to Pravaham was a turning point in her life. She gained confidence in herself and a hope for the future. She completed the course successfully and is now working in a Health service organization in Chennai. She visited Pravaham and shared her success story with the present students. She gave a donation of Rs. 5000 towards student's scholarship for another poor student like her to study at Pravaham, God bless her!



“Pravaham is a turning point in my life ...a turn towards a fulfilled life. My life was hopeless before coming to Pravaham. Now I am able to give hope to my mother and brother and take care of them” Rubini

Surya Begum- class 2021-22



Surya with her parents

“Pravaham to me is a place of safety and security and where I received my peace” 16 year old Surya Begum completed class 10 with good marks and had dreams like any other girl to study further. But her mother put a stop to this because of family's financial situation and wanted to send Surya for work. Father works in a stone quarry, breaking stones and is an alcoholic, because of this family went into huge debts. Father used to get drunk and abuse his wife and two daughters. Unable to bear this torture they used to run away from home and take shelter in their grandmother's house. At this juncture Surya's mother heard from her friend about Pravaham community college and admitted her. Surya completed the course in 2022. She is now working in Chennai as a Health Assistant.



at work Place

Sivagami.P class 2021-22



Sivakami receiving the Diploma

she is now working as a Health Assistant in Bangalore, with a monthly salary of Rs.9000. She is very happy and confident that she can look forward to a good future for her and the family.

Sivagami is a tribal girl from a remote village in the hills of Javadi. She is a first literate in the family. Father works as a coolie in the fields and mother also goes for field work whenever she can. Their monthly income is Rs.5000. It was a struggle for them to have 3 meals a day. They are 6 siblings from father's two wives. Having passed 12th class, family did not have money to send her to college. She was forced to take up a daily wage job in a mobile shop. When she was in this desperate situation she heard about Pravaham from a social worker in her village and joined Pravaham. She feels that coming to Pravaham was a turning point in her life. She completed the course in September 2022 and



at work Place

Sangeetha.P, Batch (2021-22)



Sangeetha with her mother

Sangeetha.P, is from Nagalur, a remote village, in Tiruvannamalai district. She comes from a family of 6 girls and she is the youngest. All the 5 sisters got married. Her father died few years back leaving a big debt. Since then Sangeetha's mother is in depression. In spite of all these challenges Sangeetha completed her high school with good marks but she couldn't fulfil her dream to become a doctor. She worked as a daily wage labourer for a few months before coming to Pravaham in August 2021. In the beginning she was always sad and depressed but with counselling and encouragement given, she became cheerful and gained confidence. She completed the course successfully. She is now working as a Health Assistant at 'Amazing Love Elder Care Home in Padapai, supporting her mother with her salary.



Sangeetha at work Place

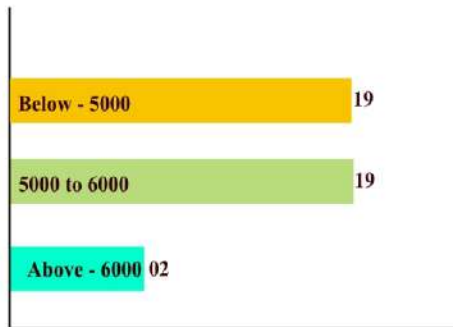
Significant dates and Special Events 2022 August to 2023 August

Inauguration of the class 2022-23 (19th Batch)

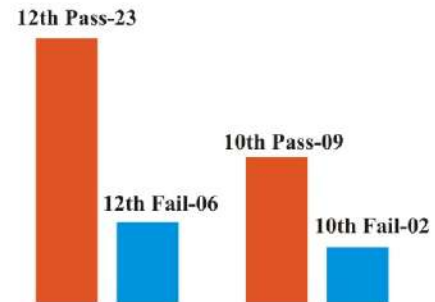
Admissions were completed for the 19th Batch (2022-23) by the end of July 2022 and the new batch joined on the 18th of August 2022. Forty four students were enrolled for the Health Assistant course. Inauguration of the 19th Batch, class 2022-23 took place on the 10th of September. Dr. Jessie Lionel dedicated the new batch with a prayer.



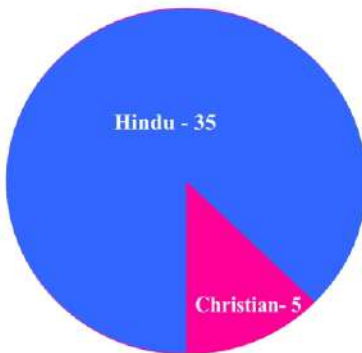
Students' Profile 2022-2023



Income Details



Educational Qualification



Religion



Caste Details

Significant dates and Special Events September 2022 to August 2023

Talents Day was conducted for the Freshers on the 9th September, 2022. This gave an opportunity for the new students to show-case their talents. It was fun and entertaining to all.



Talents Day

Founders Day: PravaHAM community remembered its founder Bishop Anandarao Samuel and Dr.M. Abel, Bishop Sundar Clarke, Rev. Philip Aseervadam, Mrs. Meena Prashantham and other friends who joined hands with him to start this community for peace and justice, on 30th September. Mr.Benedict Venkatesan and Mrs. Viji Venkatesan were the Guests of Honour. They spoke about the life and witness of the founder and encouraged the students to stand for justice and be agents of Peace.



Founders Day

World Sight Day - a seminar to create awareness on eye sight and its disorders was arranged on the 'World Sight Day' on the 21st of October. Ms. R. Vasthi Sonalini, Optometrist, CMC, Vellore was the resource person.



Ms. R. Vasthi Sonalini, Optometrist, CMC,

New year celebrations of the community: New Year started with a thanksgiving service at 11.30pm, 31st December 2022 followed by singing and fun-time around the campfire. Col. Amrith Raj and family joined the celebration and sponsored a special meal for the students and the community.



New year celebrations

Sports day was organized by Mr. Samuel Valaparla on the 6th January 2023. All the Students took part in the games and thoroughly enjoyed the day. Prizes were distributed to the winners.



Sports day

Republic Day was celebrated on January 26th 2023. by Mr. Shyamsundar. Hoisted the flag.



Republic Day

Significant dates and Special Events 2022 August to 2023 August

Women's day was celebrated on 12th March, 2023 at Pravaham, along with the mothers of our students and women from the villages around Pravaham.

Mrs. Kamatchi. P, Tashildar, Disaster Management, Ranipet Dist. was the Chief Guest. The participants had a time of great fun taking part in the games. Many said that they never attended a women's day celebration before and it was an exhilarating experience for them. Health check up was conducted for all the women.



Mrs. Kamatchi. P, Tashildar

Nurse's day was celebrated on the 16th May. Mrs. Lillian Percy Kujur, Nurse Manager, Rehabilitation, CMCH, Vellore, was the chief Guest



Ms. Lillian Percy Kujur, Nurse Manager, CMCH

Medical Check-up for the students: All the students were taken for medical check up to CMC Community Health department, on December 12th 2022, to screen them for any nutritional and physical disorders.



Medical Check-up at CMC

Installation of Rotaract club office bearers took place on November 29th 2022. Rtn. Venkatesh, M.E., District Rotaract Chairman, and the members of Rotary club of Vellore Golden City attended the program.



Rotaract club office bearers with Rotarians

Reading class: Ms. Arlene Senthilvel, Architect, took reading class for the students on the 18th December 2022. She encouraged the students to develop the habit of reading books which helps to develop creativity, language, experience emotions and acquire knowledge. The library is not only used by the students but also those who visit Pravaham Training and Conference Centre. We thank the Presbytery of Los Ranchos and Ms. Anita Coleman for developing this facility at Pravaham.



Ms. Arlene Senthilvel, Chennai in pravaham library

Birthday celebrations for the students

Every month we set aside a day to celebrate the birthdays of the students and staff which fall in that month. Many students expressed that this was the first time they cut a cake someone sang Happy Birthday song to them.



Annual Day cultural Program

Annual Cultural Program and Christmas celebration took place on the 17th of December 2022. Dr. Anand Zachariah, Head of the department of Medicine, CMC, was the Chief Guest and Mr. Rajendra Pande and Mrs. Zaira Love Pande were the guests of Honour. Dr. Anand gave an inspiring message on the African word 'UBANDU'. He said that through sharing, caring, truth and forgiveness we can address the problems in the society and bring peace and justice to the community.

All the 44 students took part in the dances, skits and dramas and put up a spectacular show.

All the parents, villagers from around, friends from Vellore and Chennai were present to encourage the students.



Dr. Anand Zachariah, Chief Guest



Mr. Rajendra Pande & Mrs. Zaira Love Pande, guests of Honour



Gifts to the senior citizens



Invitees and parents

Excursion to Chennai and Mamallapuram Beach Camp

40 students and 6 staff went on a 2 day trip to Chennai and Mamallapuram on 27th and 28th March 2023. They visited all the important places in Chennai. The most exciting thing for them was going on a ride in metro train. In the evening they had a fun time in the beach and playing in the water. The next day they visited the historical town of Mamallapuram and visited all monuments and she'll museum. All the students enjoyed the trip thoroughly.



Someone asked us "Why do you take the students every year, only to Chennai and to the Beach at Mamallapuram?"

Every year we get a new batch of students from the remote villages and for many of them seeing the city and going to the beach is an unforgettable experience. Reading their experiences will give an answer to this.

"I have never been on a train before and going on a metro train was totally a wonderful and an unforgettable experience" says Vanmathi from Jawadi Hills.

"For the first time in my life I saw the sea and the waves and the sandy beach. I find no words to express this beautiful moment." Says Sandhya from Amarthi.



Rotary Youth Leadership Award (RYLA) Program organized by Rotary club of Vellore, Golden City and Pravaham Community College on the 6th of May 2023.

Ms. Mangaiyarkarasi, Inspector of Police, Thimiri was the Chief Guest and Rtn.C. Sivaprasadan President and Rtn.D.K Manoharn, Rotary club of Vellore were the Guest of Honour.

Eminent speakers gave talks on the following topics - Legal aid and Ethical Skills for Women by Mrs.R. Radhika, Advocate, The Leadership Skill and Personality Development by Dr.P.N Sudha, Communication Skills and Time management by B.Surya Prakash and Team building and Problem solving by Dr.Perumal. It was an impacting and motivating program for the students.



Book release of the Tamil version translation of the book 'Hand book of First Aid' written by Dr. Vivian Churness and Ms. Lalitha Verghees and translated by Dr. S. Padmavathy, Principal of Dhanavantri College of Nursing, Dharmapuri, was released at Pravaham Community College, on 19th June, 2023.

Dr. Vivian Churness gifted the books to all the 40 students and they were very happy to receive their personal copy. Dr. Shirley David, former Prof. and Head, medical surgical nursing, CMC was the Chief Guest.



Skill Training classes : Pravaham students are privileged to have four weeks of hands on training in Rehabilitation Institute, CMC, a premier Medical Institute in Vellore from April 3rd to 28th 2023. We are grateful to Dean of Nursing, CMC and the Nurse Manager, Ms. Lillian Kujur, Nurse Manager, Dept. of Rehabilitation, CMCH.



Students training at Rehabilitation Institute, CMC, Vellore

Basic counselling classes from Christian Counselling Centre, Vellore:

Three week Basic Counselling Course was given to Pravaham students from 5th April 2023 to 27th April by Christian counselling center, Vellore. Students had an opportunity to learn from eminent counsellors like Dr. B.Prashantham, Mr.Swapan Sundar and Ms.Vepalu Dawhuo and Mr.Zenith Joseph.



Dr. B.Prashantham taking class - Christian counselling center, Vellore

Volunteers' Contribution

Pravaham students have a rich exposure from interacting with friends and well-wishers who volunteer from different parts of India and abroad. They also have an opportunity to learn from their rich experience. We thank each one of them for giving their time and skills and being a blessing to Pravaham.

Ms. Sonia Gurnamal, friend of Pravaham, from Hong Kong took Communicative English and motivational classes from August 29th to September 16th 2022.



Ms. Sonia Gurnamal, friend of Pravaham, from Hong Kong

Swetha. S, former student of Pravaham Community College (class 2020-2021), visited Pravaham on the 9th and 10th of November. She was sponsored by Pravaham to do higher studies at Schefflin Institute, Karigiri, to do Diploma in General nursing and Midwifery. She took classes for the students and demonstrated the nursing procedure to the students.



Swetha. S, former student of Pravaham Community College

Dr. Ashok P. M, Asst. Prof of physiology, visited Pravaham on the 15th and 17th November and took classes on different systems of the body. He made the class very interesting by teaching them in a simple way they can understand.



Dr. Ashok .P.M, Asst. Prof of physiology,

Mr. Rupert Eschenlo and Ms. Ann Ruth Eschenlo, Switzerland, visited Pravaham on the 18th October 2022. Ms. Ann Ruth, a Nurse by profession taught the students how to give care to the patients on a Ventilator and the ethics to be followed in nursing profession.



Ms. Ann Ruth & Rupert Eschenlo Switzerland,

Mrs. Annie Namala, Director, Centre for Social Equity and Inclusion, had an interactive session with the students on the 5th January 2023. She made the students aware of their responsibility towards the governance of the community and their rights to ask questions to the village Panchayat regarding how funds are spent from the budget allotted. This was very useful for the students to know their rights and responsibilities.



Mrs. Annie Namala, Dehil

Cake Baking class was taken by Mrs. Deepika Valaparala on the 12th May 2023. The students enjoyed learning how to bake cakes with the ingredients and resources available at their home.



Mrs. Deepika Valaparala, Bangalore

Mr. K.Palani, Mr.S.Mani, and Mr.A.Kavin, Health Inspectors of the Health Department, Ranipet Dist. took a class on prevention of dengue fever and malaria.



Mr. S. Palani, Health Inspector, Ranipet

Mr. Dayalan, Fire officer, Ranipet, conducted a demo on handling fire fighting equipment and gave awareness on the precautions taken during fire accidents, on the 4th November 2022. It was very useful both for students and the staff.



fire fighting equipment and awareness

Craft Class by Ms. Jenniefer Dietz, USA on Feb.19th 2023



Ms. Jenniefer Dietz, USA

Spoken English Classes were given to the students on 27th and 28th June 2023 by Mrs. Florence Premkumar, Retd Teacher, Bishop Cotton Girls' School, Bangalore.



Mrs. Florence Premkumar, Bangalore.

English Grammar Class was taken by Mrs. Shobini Prabhakar, English Teacher, Kaniyambadi High School, Vellore on the 30th of June 2023.



Mrs. Shobini Prabhakar, English Teacher, Kaniyambadi High School, Vellore

Class on dental care for Geriatric patients was taken by **Dr. Gladwin Khanpur, Dr. Sylvia and Dr Sanchitus, CMC, vellore** on the 2nd of February 2023. Free Dental checkup was done for 40 students and two 2 students were referred to CMC, Vellore for further treatment.



Dr. Gladwin Khanpur, and Team, CMC

Volunteers' valuable contribution to Pravaham Students

Art & craft work sessions, spoken English, singing and fun activities were conducted by Vivian Churness, Cece Zelenski, Marylin Amriott, Hannah Churness, Ben sides, Caleb Churness and Mathew Floyd, who visited Pravaham from San Pedro, USA from 14th to 20th June 2023.

They brought all the craft material for girls and the girls had the most enjoyable time doing the projects and interacting with them.



Basic Life Support class was given by **Mr.D.T. Amul Raj**, critical care therapist, SIM Lab, CMCH, Vellore, **R. Christina Joycelin**, Nurse, CMCH, Vellore and **Mr. Ganesh**, Secretary, SIM Lab, CMCH, Vellore, on the 9th May 2023. Students were taught very interestingly, through video clips and practical demonstrations. We thank **Dr Kishore Pichamuthu** for sending the team to teach our students.



Basic Life Support class

Emergency care and First Aid Class was conducted by the Department of Emergency Medicine on 19th May 2023. **Mrs. Irene Florence**, Tutor, **Mr. Mukhilan**, **Mr. Gokul** and **Mr. Silambarasan.P**, CMCH, Vellore were the resource persons. Students said that the class was very useful as it taught them how to give first aid in their villages during an emergency. We are grateful to Dr,Abhilash , Dept. of Emergency Medicine ,CMC for giving this opportunity to our students.



Emergency care and First aid class

Class on 'Geriatric Care' was taken by **Dr. Surekha .V**, Professor, Department of Geriatrics, **Mrs. Teresa Gnana Kumari.G**, Nurse, **Mr. Earnest.R**, Physiotherapist, CMC, Vellore, on the 15th of July 2023. They took a class on General Problems which arise in Geriatrics and how to give care at home, and also on method of selecting and cooking nutritious food for easy digestion. Students were greatly benefitted by this class.



Class on 'Geriatric Care'

'Pravaham..... a threshold to a bright future'

Abirami .A



" I gained self-confidence and courage to stand on my feet."

"I am Abirami, 15 years old and the eldest of 3 siblings. My Father is a mason and he squanders the money he earns on alcohol. My mother works as daily wage labourer and feeds us. When I completed class 10, my parents decided to get me married as I was considered a burden to the family. Fear gripped my heart. I cried and begged them to let me continue my studies. But they did not relent. I know it is not legal to get married before 18years of age. So I informed my class teacher that my parents are forcing me to get married. She in turn informed the police and they rescued me. I was taken to a government hostel run by Women and Child welfare department. From there I was sent to Pravaham Community College. I thank God for bringing me to Pravaham. This one year at Pravaham taught me so many valuable lessons of life. I gained self-confidence and courage to stand on my feet. I am looking forward to working and helping my family. My father and mother also realized their mistake and are now letting me. Please remember me in your prayers"

Abinaya.P



"Pravaham gave hope and meaning to my life."

"Will my desire to study and get a decent job be fulfilled? Will I be able to help my mother, who works hard as a sanitary worker, cleaning the streets of my village with her bare hands?" These questions tormented me one year back.

My name is Abinaya. I have completed class 12. Both my father and my older brother are drunkards. They go for work but spend all the money on alcohol. They don't give any money to support the family but beat us up if the food is not kept ready for them. Our family runs on my mother's salary. She works as a sanitary worker in the village panchayat. My mother studied till class 10th and her desire is to educate her children and get good jobs. As my father did not cooperate with her, she did not have the money to send me to college after I passed my class 12. I was at home and I thought I will work as a daily wage worker and help my mother run the family. At this juncture, I met Sandhya an old student of Pravaham from my village which changed the course of my life. She told me about Pravaham and helped me to get admission in Health Assistant course. I am going to complete my course and go work as a Nursing Aide, shortly. I have no words to express my gratitude to Pravaham, for giving me hope when my life was in a desperate situation."

Asmitha.L

"Now I know that God loves me too and He will give me a good future."



My name is Asmitha.L. I am 18 years old. My mother committed suicide when I was a young girl. Father married again, and left me and my younger brother to the care of my grandmother. As she I was growing up I had developed cataract in both my eyes. Through the help of my uncle and a philanthropist I got it operated and vision was corrected freely. After completing high school my grandmother said that she cannot afford to send me to college. I was very sad. I was very angry with God and decided that there is no God... if He was there why so many troubles only to me. At times I too wanted to commit suicide like my mother.

After coming to Pravaham I realised that, I am not the only one who has problems, but most of my class mates here have more challenges. Slowly my attitude changed, I am now more cheerful and happy. I see a good future for myself.

Asmitha has completed the course and is waiting to join work. She says "Now I know that God loves me too and He will give me a good future."

Visitors to Pravaham

We thank all the friends who took time to visit us at Pravaham. Their visits are a great source of encouragement for us.



*Rev. Dr. Manoj Chacko and Mr. Daniel from Sydney Australia
7th of November 2022.*



Rev. Philip Aseervadam's family - 7th January 2023



*Ms. Shabana and Mr. Adam from Australia
visited Pravaham on the 9th of November 2022.*



*Faculty and students of Colombia theological seminary, U.S.A
9th January 2023.*



*Mrs. Zaira Love Pande and Mr. Rajendranath Pande,
16th to 18th Dec, 2022.*



*Dr. Dayalan Clarke, Surgeon, U.K., son of Bishop
Sundar Clarke, 14th January 2023.*



*Dr. Sathi and Prema Clarke, Avinash Clarke
and grandson Roshan Clarke, and Mr and Mrs. Thomas Chandy,
23rd December 2023.*



Mr. Jon and Mrs. Jenifer Dietz, U.S.A. 18th February 2023

Visitors to Pravaham



**Mr. Thammaya.N, senior Chef, Ramoji Film City ,Hyderabad
25th February 2023**



**Mr. Nivin George, Engineer, Mrs. Nidhi Ommen, Architect, Bangalore,
accompanied by Mrs. Suja Philip, Formations, Bangalore, 1st May**



**Ms.Lian Law, Australia, and Mrs. Grace Moses
22nd March 2023**



**Mr. John Ravindran, Chartered Accountant,
Chennai, 25th May 2023**



Mrs. Daya Durai, East-West Education Fund, U.K. March 22nd



Mr. Tolbert Dawson & family, Tirunelveli 20th June 2023



**Ms. Lavanya Rao, film Director and Editor, Chennai,
Ms. Hepsi, and Mrs. Pricilla Paul, Retd Teacher and writer, June 29th 2023**



**Dr. Renuka David, Managing Director,
Radiant Medical Service, Chennai, 12th July 2023**

II. Community Outreach Program

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.



II. COMMUNITY OUTREACH PROGRAMS



Reaching out to the community

Pravaham conducted 37 community outreach programs from September 2022 to August 2023. This has impacted 1572 people from 13 villages, especially children, women and senior citizens. Along with our staff, we also involve all our students in outreach programs in order to encourage them to serve, share and work for the betterment of the community.



Health Awareness Programs

'World Heart Day' was observed on the 29th September 2022. Awareness program on 'Healthy Heart' and signs and symptoms of heart Attack was organized for the public at Kavanur village bus stand. CPR was demonstrated to show how to resuscitate a cardiac arrest patient.

112 people were benefitted through this Program.

To mark 'World First Aid Day' on the 9th September, 2022, Pravaham conducted awareness programs for public in Timiri village. Nursing staff and students through demo and videos taught various methods of first aid given in medical emergencies.

32 people were benefitted through this Program.

Village Health Survey Staff and students doing Health Assistant course, visited the homes of senior citizens in Venkatapuram and Krishnapuram and conducted health check-ups on October 12th and 13th 2022. Pravaham also donated a 'walker' to Mrs. Santhi, who had a paralytic stroke.

126 people benefitted through this program.

Postnatal and Prenatal care of mothers an awareness program was conducted on May 6th, 2023 on the occasion of Mother's day, at Villapakkam Primary Health center for. Mrs. Selvi Dayalan, Nursing Tutor, gave a talk on the importance of breast feeding, weaning, immunization and nutrition. Baby dresses and nutritious snacks were distributed to all the mothers.

No. of Beneficiaries: 65 mothers.



'World Heart Day' at Kavanur



'World First Aid' at Timiri



Health Survey at Thanankulam



Postnatal and Prenatal Villapakkam Primary Health

Health Awareness Programs

Health awareness camps were conducted on May 13th, in 7 villages of our students in Jawadhi Hills It was a proud moment for the students to go back to their village as a health worker checking the Blood sugar and Blood pressure of the patients who attended the camp. Awareness was given on causes & prevention of the Heat stroke, Blood pressure and Diabetes.

No of beneficiaries: 110



at Periyaverapattu



at Dathakuppam



at Jamunamatthur



at Mutharasikuppam Village Road junction

'World Breast Feeding week' was observed on the 8th August 2023. Mrs. Jayashree along with PCC students conducted an awareness program on the importance of breast feeding to pregnant mothers and mothers with infants at the Primary Health center at Timiri. Dr.M. Girija, Dr. P.Elaya Nila and Dr.S, Dhanaliksmi, Block Medical officers also took part in the program.

No.of Beneficiaries: 80



World Breast Feeding week

Ever month staff and students vist Senior citizen's of Venkatapuram and Krishnapuram, at their homes, to monitor their BP and Blood sugar levels. Medicines for hypertension and diabetics were given as per doctor's advice.

No.of. Beneficiaries: 30 members.



Monitor their BP and Blood sugar levels at Thanankulam

School Outreach Program

Awareness camp on 'Good Eye sight' was conducted on the 21st of October at Govt. school, Venkatapuram. Ms.R.Vasthi Sonalini, Optometrist, CMC was the resource person.

118 students 6 teachers benefitted through this program.



Awareness to 'Good Eye sight' at Venkatapuram School

Emergency care First Aid - awareness program was conducted for school children of Palamathy high school. Nursing staff and students demonstrated CPR and various first Aid procedures given during medical emergencies through demo and videos

80 people benefitted through this program.



CPR demonstration at Palamathy school

Plastic awareness program was given to the students of Venkatapuram school on the 25th of August 2023. Students and staff of Pravaham cleaned the school surroundings of all the plastic.

65 people benefitted through this program.



Summer camp for rural children

Summer camp for rural children from 22nd to 27th May. 2023 for village children from 1st to 12th attended the program. Spoken English, Craft, Computer classes Singing sessions and value education classes were conducted given to the students.

No. of Beneficiaries :101



Puppet show



Showing off their craft work



Computer class



Children enjoying a nutritious meal

Health Camps

Monthly Medical camp at Pravaham started again after Covid19, on the 5th of November 2022. Dr. Anu Rose and Dr. Winsely Rose give free service in seeing the patients from the village. Free medicines are also given. For further medical care they are referred to the Government Hospital Vellore or CMC Hospital. **Every month an average of 40 to 50 patients are benefitted through this program.**

Free Eye Camp was conducted with the help of the Dept. of Ophthalmology, CMC, Vellore, at Venkatapuram on November 8th 2022. All the students of Pravaham community college also had eye check-ups. **129 patients from nearby villages benefitted through this program and 32 patients had free cataract surgery.**

Free Dental checkup for senior citizens on 2nd Feb.2023, by Dr. Gladwin Khanpur, Dr. Sylvia, Dr. Sanchitus, Dept. of Dentistry, CMC Hospital, Vellore. Dr Gladwin Khanpur gave a talk on oral hygiene. **No. of Beneficiaries :25 senior Citizens.**

Pravaham helped 8 persons suffering from cataract to get Free Cataract Surgery:

8 cases with severe eye problem were identified during Health survey and were referred to Schell Eye hospital, CMCH. Free surgery was done on 8 patients on the 4th May and their eye sight was restored..



Monthly Medical camp at Pravaham



Eye Camp at Venkatapuram



Free Dental checkup for senior citizens



Free Cataract Surgery

Environmental & Social Awareness

'Women's Wellness Camp - was conducted to at Thanakulam and Kavanur villages for rural woman working in the fields ,on the occasion of international women's day on the 8th March 2023. No.of beneficiaries 104.



Women's Wellness Camp at Kavanur Village

World Environment Day was observed on June 30th 2023. 30 trees were planted along the main road in Venkatapuram Village. Mrs.V. Jayasri, Block Development Officer, Thimiri, Ranipet, Dist. was the Chief Guest. Students and staff along with Venkatapuram village panchayth officials took part in tree planting.



World Environment Day at Venkatapuram.

Sanitation and Hygiene Awareness program was conducted by the students and Staff of Pravaaham, on the 25th of August 2023 at Venkatapuram. Awareness on indiscriminate usage of plastic and the harm it causes to the environment Venkatapuram. Students and staff of Pravaaham cleaned the village of all the plastic, waste, etc.



Senior Citizen Support Program

Senior Citizen Support Program continues to reach out to 30 elderly men and women above 70 years of age, from the 3 villages around Pravaham. Every month they are brought to Pravaham campus by a vehicle arranged by Pravaham. Students and staff interact with them finding out their welfare, conducting health checkups, making them to do simple exercises to make them agile, showing them film shows and conducting singing and entertainment sessions. The program ends with serving a sumptuous meal. They say that the 3 hours they spend on the camps with the students and staff is the most enjoyable and relaxing time for them. During Christmas celebration each one was given a new set of clothes.

No.of beneficiaries - 30



Pravaham students entreating the senior citizens



Sharing their challenges



Enjoying the Game



Dancing



Doing exercises



Receiving gift on Christmas

Pravaham Team



L to R first row : Lucy Shyamsundar, C.Ravi, Selvi Dayalan,
 L to R second row: Sugandhi. K, Kowsalya.P, Jaya shree. M.
 L to R third row : Suguna, Rani.S, Kumari.R
 L to R last row : Salomon.Y, Palani, Gowri singh, Ravi.J, Manimaran.A

Seminars and workshops attended by Pravaham staff

Seminar on Income Tax act and FCRA: Mrs. Kowsalya, Accountant and Mr.C.Ravi Administrator attended a seminar on 10th March 2023 at Chennai. This was organized by the Christian institute of Management.



Income Tax & FCRA seminar, at Chennai

- **Work shop on 'Pertinent Issues in Geriatrics A Nursing Perspective'** was conducted by Christian Medical College Hospital, on 21st November 2022. Mrs.Selvi Dayalan, Mrs. Jayashree and Mrs.Anitha Kumari Nursing Tutors of Pravaham community College attended We thank Dr .V. Surekha, Prof. Of Geriatrics, CMC, for giving this opportunity to our staff.
- **Skill training workshop** at RUSHA, CMC- Mr.C.Ravi , Mrs. Anitha Kumari and Mrs. Shyamsundar attended a skill development training program at RUSHA, on 7th April 2023 and observe its module.
- **Online seminar on new Income Tax Laws and Taxation of Charitable Trusts** taken by C.A,John Ravindran from 3rd to 9th June 2023.Mrs. P. Kowsalya and Mrs. Lucy Shyamsundar attended the seminar.

Team outing

Pravaham Team went on a 3day trip from 17th to 20th January 2023, to Mysore and Coorg, after a gap of 6 year. It was a wonderful time of bonding, fun and adventurer for the 11 staff who went on the trip. They came back refreshed and rejuvenated



at Brindavan gardens, Mysore



Abbey Falls, Coorg



at Dubare elephant camp



at Thala Cauvery



at Coorg vismaya



at Bylakuppe monastery

III. 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, seminars and workshops.



Seminar on 'Mental disorders - signs , symptoms and tips to overcome' was organized on the **'World Mental Health Day'**, 10th October 2022. Mr. Santhosh Clement, Psychologist Counsellor and Trainer, CMC Vellore and Mr. Ernest were the resource persons.



Memory Skill training work shop was conducted by Mr. Vasanth Joseph on the 29th of July 2023. It was very useful to the students and helped them to increase their memory power.



Work shop on enacting Street Plays and skits to create awareness on gender equality, women empowerment and how not to misuse the social media, was conducted on the 17th October, 2022 by MSW students of Auxilium College. All the students took part in the workshop and together they put up a show at Pravaham.

Counselling and Value education seminars and workshops were conducted every month at regular intervals by Mrs. Beulah David, Mr. Viswanath, and Mr. John Ruban, on the topics of - Healthy emotional life, overcoming anger and practicing forgiveness, meaning of true freedom and living a life of freedom etc.



Ms. Beulah David Mr. John Ruban Mr. Viswanath

Life Skills seminar on the topic 'Breaking into Life' what challenges the students will encounter in life show to face them, was taken on the 26th of July 2023. Dr. Ebi Ashley George, PhD (Biotechnology), founder of Healing Garden India, Vellore was the resource person.

Skill Training Program was conducted on 22nd April 2023 by Mr. Paul Dhass senior Skill trainer. Tie & dye printing & designing and fabric painting were taught for the women from Venkatapuram Village and to the students of Pravaham Community College.



Ms. Shyamala who attended the skill training program said that this was of great benefit for them and helps to earn extra income for the family.



Exit Seminar was conducted by Mr. Vasanth Joseph, on the 30th of June, to prepare the students on various responsibilities and challenges that they will face when they start their career. He gave talks on values to take forward and implement them when they transit from student to employee.



A word from the Donors

Donors have played a great role in supporting Pravaham and without their support the programs wouldn't have been successful. We thank God for each individual and organization for their faithful contribution to Pravaham.

We asked our long standing donors, what motivated them to choose Pravaham as one of their Charities to support. A few of them shared their thoughts and these are their responses .



Swarna Rao, wife of Late Dr. J. Prakasa Rao, former Prof. Department of Physiology CMC

Our family has had a long association with Pravaham - right from its commencement. We are so proud of the work that is being continued to realise the vision of our beloved Bishop and uncle, late Rt. Rev Ananda Rao Samuel. We value the work of Pravaham in not only providing education to the girls and young women from low socio economic backgrounds but also empowering them, their families and their communities. We hope to continue our support and our partnership with this amazing organisation for years to come.

Dr. Dayalan Clarke & Dr. Vinodini Clarke, UK

“The association between the Ananda Rao Samuel family and the Sundar Clarke family goes back many, many years. Anand Uncle and my father Sundar first met each other in the Theological Seminary, United Theological College Bangalore, when they both enrolled for their Theological training for their ministry as presbyters in the Church of South India (CSI). From there, Anand Uncle's career was “Fast Tracked” and he went on to be ordained as the youngest Bishop in the CSI. Their personal friendship extended to the two families and a long lasting bond has since developed. In addition to their role in the Church, both were driven by a strong feeling to put their religion into practice by reaching out and helping the poor, the marginalized and the under-privileged. Following his retirement Anand Uncle went on to set up Pravaham, an institution that does all of the above and personifies Christ's love for the forgotten in society. My wife Vinodhini and I got involved with Pravaham after seeing the amazing work that is being done for the community around Pravaham.Anand Uncle's dream came true!”



Dr. Anita Coleman, Ph.D,
writer & Adjunct Lecturer,
Library & Information Science.
USA.

When we see the remarkable transformation of students' lives and experience first hand the love and servant leadership of the team of Pravaham, we find it a privilege and joy to support Pravaham.



**Christian Education Fund,
Germany. Mr. Armin Beck,
Director, Ausbildungshilfe.**

“Pravaham is helping those who need it most - The poor. With your simple concept, you give young people the chance to live a self-determined life and thus give light and hope into the hearts of young people.

What better can we do from a Christian point of view? Your organization is trustworthy and transparent, which makes it easy for us to communicate to the donors here that their donations are doing good things.”



Dr. Shameen Prashantham , Prof. of International Bussiness & Srategy, China Internatinal Business School(CEIBS) Shangai, China.

‘Pravaham is an organization that we have had a strong family connection with from the very beginning, and over the years, we have seen its unique ministry blossom and grow. Pravaham is a non-profit that operates with integrity and is committed to equip young women from less privileged backgrounds with skills that make them employable (for example, as nursing assistants) and provide a livelihood for their impoverished families. In so doing, Pravaham is able to contribute to several sustainable development goals (SDGs) no poverty (SDG 1), zero hunger (SDG 2), good health (SDG 3), quality education (SDG 4) and gender equality (SDG 5). We feel privileged to contribute from afar in small ways from time to time and support this great work.”



A word from the Donors

Sonia Gurnamal Lalwani & Raju Lalwani, Entrepreneurs & Philanthropists , Hong Kong.



“God used angels to lead us to Pravaham at the very start which is a living testimony. For the purpose we went, we were in awe - awe for the humility, kindness and work being carried out for this mission purpose.

We got involved because we experienced how Pravaham Community College enriched lives, gave back the lost respect and dignity to our girls. Educate them to empower and change their lives forever.

It left a mark in our hearts, a stamp sealed to dedicate our privileged lives to service as well, to make a difference and ensured that we became a big part of Pravaham Community College family.

We dream big and slowly our dreams are coming to fruition and reality. The best part is the management provides a platform open for discussion for donors to fulfil the needs.

We support Pravaham Community College as this institution has God in the centre of everything they do. God first. They acknowledge God's grace and mercies, with unwavering faith.

Pravaham Community College is a charitable institution that has full transparency in the works

they fulfil with loyalty, dedication and heartfelt care and love from management and the staff. They go over and above to make sure that every girl child becomes well moulded mentally, physically, socially, emotionally and most important spiritually to lead their lives by offering placement as they step into this world. “



Jon Dietz, President, Sonostar, Santa Ana, USA & Mrs. Jennifer Dietz, President & CEO of Financial statement Services, Inc.(FSSI), CA, USA. Entrepreneurs balanced with numerous non-profit commitments in China and Africa.

“We honored that you would ask. In all our experience with missions in countries all over the world, we have never encountered a non-profit with the characteristics that define Pravaham. The leadership has been tested in bad times and in good times. We trust the leadership to make good decisions, and we are grateful that there is an active Board of Directors who take their responsibilities seriously. The mission of Pravaham is well-defined and focused on the life-changing nature of the education they offer. We have personally seen transformation take place in not only the young ladies who graduate, but in whole families who benefit from the education of one daughter. I know that the investment in these young women's lives will be multiplied many

times over as they take on healthcare jobs and contribute to their communities. We see Pravaham as a light that shines in the girls' lives long after they leave the college.”

Dr. Jayanth Rajaiah,

Why did we choose to support Pravaham? The answer is simple: the love of Jesus Christ. Specifically it was the love generously extended to my mother by the sisters at Amazing Love Home. My mother lived in Amazing Love Home for Senior citizens', located in Padapai, Chennai, for six years. My siblings and I would visit my mother several times a year and we were amazed at how kind and loving the Nursing Assistant sisters were to the residents - even when the residents were non-cooperative, or even angry. Not once did we see the sisters get irritated or even impatient. So, I asked one of the sisters how they were so loving and patient all the time. She answered that they had been trained to be patient and kind even when dealing with difficult people. She said that they had received this training at a place called 'Pravaham' - that was the first I had heard of Pravaham. She and a few other sisters spoke to me at length of what a wonderful place Pravaham was and how it had transformed their lives. What a powerful testimony! Listening to the sisters and seeing their love being put into action, I was convinced the sisters were angels sent by God to take care of my mother and the other residents at ALH. Said differently, Pravaham is an ANGEL FACTORY - how could we not support it?



Shanthi Ernest, Teacher , CA, USA

We support Pravaham because it's a place where students are given life-changing opportunities that they could only dream of having. They experience Christ's unconditional love through faculty, staff, administrators, and all who help run the programs. They learn that they are precious and valued by the God of the Universe. The students get a vocation and become independent young ladies. Many of whom pay it forward.

A word from the Donors

Dr. Vivian Churness



After being introduced to Pravaham by Mrs. Angie Daleo about 13 years ago, I have visited almost every year, bringing family and friends from USA with me. It is an oasis of peace and beauty where the light of Jesus shines brightly. My friends and I give to Pravaham because we see, personally, that the money is used wisely. Because young women receive training as

health assistants in a loving, caring environment they are prepared to serve and care for other in a like manner. The light of Jesus continues to shine through them.

D.B Thomas and Vasantha Thomas:, Pondicherry



“We had heard about Pravaham through a family member and had the privilege of visiting the beautiful place just before covid19. We were motivated to support as the young girls trained are from underprivileged families and taught the skill with utmost dedication and focus. Pravaham reaches out to the communities and help in all possible ways. We get good report of the Pravaham girls from places where they are placed. We have found everything is done for the glory of God

Pearl Vincent, English Language Assessment consultant and IELTS, Examiner, Chennai



“Pravaham, to me, has been a place of healing. The beautifully maintained gardens have a calming effect as soon as one walks into the campus. The rooms we stay in always have an extra touch to make it welcoming... a plant here, a lamp there... It is a place where anybody who walks in is welcomed with a smile, and one does not leave the place without a hearty meal.

Pravaham is where young girls who would otherwise have nothing much to look forward to are given a new direction and a purpose in life and are equipped to live a life of dignity. The girls develop confidence as witnessed in the way they greet you when they meet you anywhere on the campus. Every time we visit, it amazes me that there is some new improvement made. We are extremely happy to support Pravaham, knowing fully well that there is integrity in how every rupee is spent.”

I. P. P. Prabhakar, Abel and Virginia Immaraj, Australia

“ We are privileged to be associated with Pravaham, a program that turns the lives of impoverished and vulnerable young women around in 6 months. This phenomenal program starts with where students are at and builds up foundations of personal worth and integrity, vocational skills, giving back to the community, national pride and a sense of their role as women in the community. Skills in time management, rest and play are part of the program. Skilled members of the community impart their skills and wisdom. Students are in high demand on graduation and earn the cost of their program in 10 months, going on to support their families and sponsor future students. We as sponsors are excited and encouraged and all the richer for the work of Pravaham. Our prayer is that because of Pravaham the ever flowing stream of life spreads throughout other regions and beyond to bring life in all its fullness to all.”



Suguna Joseph, Teacher , Chennai.



“My association with "Pravaham" started years ago when Lucy took a small group of her BSF friends, including me, from Chennai to visit Pravaham. I was fascinated by the location and ambience of the place. I also had the privilege of interacting with the inmates, and being a teacher I enjoyed the classroom experience! My first impression had a lasting impact on me.. It was much later, after knowing more about Pravaham, that I came to understand the significance of the cause and the intense need that is to be met. Giving is something I learnt from my father. But when people like me try to hide behind our limitations, it is individuals like Lucy, so focussed and devoted to nobler causes , who inspired me to be more involved to reach out to the needy, even in a small way. If my meagre support can bring an iota of improvement in the lives of the end beneficiaries of Pravaham and to give them a hope and a future, then I feel it's worth living and giving.”

Our sincere thanks

Christian Education Fund	Mr.Jayanth Rajaiah	Ms.Saraswathi
Angie's Trust Trust	Mr.Joseph Kemuel	Mrs.Sarika Benjamin
Presbytery of Los Ranchos	Mr.Jon Dietz	Dr.Selvamani
Stanley Navjeevan Trust	Ms.Kesavarthani	Mrs.Shabana Tagore
Vivian Churness Family Trust	Mrs.Kitty Paul Raj	Dr.Shameen Prashantham
Mr. Ajit Varghese	Dr.Kripa	Ms.Shanti Ernest
Mrs.Anita Coleman	Mr.Laxman Vaswani	Mrs.Shyam Sheela Rani
Mrs.Anitha Panicker	Ms.Lakshmi	Dr.Simon Rajarathnam
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Ms.Banumathi	Ms.Mothika	Mrs.Suganthi kanagaraj
Ms.Bavithra Baskar	Mr.Motha Chitharanjan Prasad	Ms.Suguna
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Mr.Dilip Karan Paul	Ms.Rubini	Ms. Usha
Ms.Durga	Mrs.Rumi Asveen	Mrs.G.Vasantha
Dr.Eunice Selvaraj	Mr.Samanth Dawson	Ms.Vadivazhagi
Mrs.Floria Sudha Rani	Mr.Samuel Sumanth Valaparla	Mr.Vijay Samuel Benjamin
Ms.P.A.Grace	Ms.Sandhiya	Ms.Vinnarasi
Mr.Gideon Nicodemus.E	Ms.Sangeetha Dawson	Ms.Virginia Reade Khyriem
Mrs.Gita Dawson	Ms.Sathi Clarke	Mrs.Vinecti Vasundhra Louis

Acknowledgements

As we stand at the threshold of the 30th year of commencement of Pravaham Trust, our hearts are overflowing with gratitude to God Almighty for the amazing way He guided and lead Pravaham all these 30 years. He sustained Pravaham through every challenge and brought us thus far, to bring light and hope to the lives of the poor, the oppressed and the needy.

On behalf of the Board of Trustees and staff of Pravaham, I would like to express our heartfelt thanks to all our Partners, Donors and Supporters for their faithful support extended all these years. We are able to continue to fulfill the mission of Pravaham with the help of our generous donor base.

Our sincere thanks to our chairman Rev. Fr. Aloysius, for his wise counsel and guidance, and to all the Trustees of Pravaham for their support and encouragement.

Our sincere thanks to ICRDCE for the support, resources and training offered to Pravaham Community College for conducting Community Education Program.

We are immensely thankful to the Nursing Superintendent and the Director of Christian Medical College Hospital, for giving Pravaham Community College students an opportunity to do their internship at CMC Rehabilitation Centre.

We are deeply indebted to Dr. B. J. Prashantham, Director, Christian Counselling Centre, for giving Basic Counselling training to our students.

We thank our service partners, Advantage Elder Care, Bangalore, Amazing Love Home for the Aged, Chennai, Bangalore Baptist Hospital, Bangalore, Emmanuel Home, Chennai, Spring valley Assisted living Home, Vellore and Community Health Dept. CMC, for giving placements to our students.

We would like to express our sincere thanks to all the volunteers who devoted their time, knowledge and resources to teach various skills to the students.

We thank all the friends who took time to visit Pravaham and encourage the students and the staff,

Our grateful thanks to the Departments of Geriatrics, Emergency Medicine and Basic Life Support of CMC, Vellore for imparting medical skills to the students of Pravaham. We appreciate the initiative taken by Dr. V.Surekha, in making this possible.

We thank Dr. Winsely Rose and Dr. Anu Rose for helping us conduct monthly Health Camp at Pravaham.

We are greatly indebted to our Chartered Accountant Mr. John Ravindran and his team for auditing the accounts of Pravaham and also guiding us and training us to apply all the latest procedures and regulations in Income Tax and FCRA regulations.

Our sincere thanks and appreciation to the team of Pravaham Mr.C.Ravi, Mrs.M. Jayashree, Mrs.Selvi Dayalan, Mrs.Anitha Vijaykumar, Mrs.P.Kowsalya, Mr.Salomon.Y, Mrs.Suganthi Kanagaraj, Mrs.Devakumar, Mr.Ravi.J, Mrs. Rani.S, Mrs. Suguna, Mr. Gowri Singh, Mr. Gopi and Mr. Palani for their dedication and commitment in working with unity towards the cause of Pravaham. Their support made it possible in implementing various programs successfully.

In conclusion I would like to thank God for the vision he has given to our founder, Bishop .Anandarao Samuel and may He give us strength and Courage, wisdom and direction to we take it forward.



Financial Audit 2021-2023

PRAVAHAM

Venkatapuram Village, Via Kavanoor, Arcot Taluk, Vellore District - 632 507

LOCAL ACCOUNT

Income and Expenditure Account for the year ended 31st March 2023

Expenditure	Amount	Income	Amount
I. Community Education Program		Donation	27,89,452.00
Skill Training Expenditure	59,735.00	Traning / Seminar / Workshop	11,58,005.00
College/Exam Fee, Study Materials/Uniforms	20,016.00	Bank Interest	27,287.00
Food Expenses	1,06,076.00	Renewal & Accured Interest on FD	30,179.00
Academic Expenses	71,582.00		
Staff & Students Welfare/benefit Expenses	1,06,287.00	Excess of Expenditure over Income	8,23,432.85
Building Maintenance / Renovation/ Electricity & Electrical Maintenance	31,893.00		
Communication, Printing and Stationary	18,685.00		
Travel and Vehicle Fuel Expenses	39,969.00		
II. Community Outreach Program			
Health and Social Awareness Programmes	34,172.00		
III. Training and Conference Centre			
Program Staff Salary	3,90,580.00		
Maintenance Expenses	97,758.00		
Travel / Conveyance / Fuel Expenses / Maintenance	1,01,653.00		
Food Expenses	5,20,300.00		
IV. Building, Renovation and Electrical Maintenance work	12,20,198.00		
V. Infrastructure Development			
Road in the Campus	8,22,500.00		
VI. Administration Expenses			
Staff Salary	60,000.00		
Communication, Web, Phone, Printing & Postage	20,664.00		
Accounting, Auditing & Bank Charges	38,815.50		
Other Admin Expenses	68,807.00		
Loss on Sale of Vehicle	1,734.50		
Depreciation	9,96,930.85		
Total	48,28,355.85	Total	48,28,355.85

REFERRED TO IN MY REPORT OF EVEN DATE

For J S A S & Associates

Chartered Accountants

(Firm Registration Number, 0148595)

John Ravindran Moses

Partner (Membership Number: 028566)

UDIN: 23028566BGXTR87676

Place: Chennai

Date: 18.07.2023

PRAVAHAM

Venkatapuram Village, Via Kavanoor, Arcot Taluk, Vellore District - 632 507

FOREIGN CONTRIBUTION ACCOUNT

Income and Expenditure Account for the year ended 31st March 2023

Expenditure	Amount	Income	Amount
I. Community Education Program		Foreign Contribution Received	61,90,022.22
Skill Training Expenditure	7,82,800.00	Bank Interest	22,380.00
College/Exam Fee, Study Materials/Uniforms	97,045.00	Accured Interest on Fixed Deposit	6,245.00
Food Expenses	9,81,886.00		
Hostel Expenses	3,26,300.00		
Academic Expenses	2,31,891.00		
Staff and Student's Welfare / Benefit	1,61,451.00		
Building Maintenance / Renovation/ Electricity & Electrical Maintenance	2,28,968.59		
Communication, Printing and Stationary	70,101.00		
Travel / Conveyance / Fuel Expenses / Maintenance	73,156.00		
II. Community Outreach Program			
Health and Social Awareness Programmes	48,707.00		
Community Organizing Expenditure	1,22,500.00		
IV. Infrastructure Development			
Road in the Campus	5,22,700.00		
V. Administration Expenses			
Staff Salary	3,53,500.00		
Communication, Web, Phone, Printing & Postage	38,031.50		
Accounting, Auditing & Bank Charges	56,508.86		
Other Admin Expenses	34,520.00		
Depreciation	4,13,081.08		
Excess of Income over Expenditure	16,75,500.19		
Total	62,18,647.22	Total	62,18,647.22

REFERRED TO IN MY REPORT OF EVEN DATE

For J S A S & Associates

Chartered Accountants

(Firm Registration Number, 0148595)

John Ravindran Moses

Partner (Membership Number: 028566)

UDIN: 23028566BGXTR87676

Place: Chennai

Date: 18.07.2023

Our Partners

2022-2023



**AMAZING
LOVE
HOME**



Trust Registration Number

-

Reg.No 247/93

Registered Office Address

-

No. 297, Venkatapuram
Kavanoor Via
Arcot TK
Ranipet Dt - 632 507

80 G Registration Number

-

AAATP8791PF20083

12A Registration Number

-

AAATP8791PE19962

Darpan ID

Contribute

Local Contributions

Pravaham

A/c no.10507878408

State bank of India

Vellore Branch (02203) Bagayam.

IFS code - SBIN0002203

Foreign Contributions

Pravaham

A/c No: 00000040109012846

State bank of India (New Delhi Main

Branch) Branch Code: 00691

IFSC Code :SBIN0000691

SWIFT Code: SBININBB104



PRAVAHAM

297, Venkatapuram,
Kavanoor Via, Arcot, Ranipet, Dist - 632 507
Contact : email pravahamcc@gmail.com
[www. Pravaham.org](http://www.Pravaham.org)