

Ever Flowing Stream

Pravaham News Letter July to December 2021



The light shines in the darkness and the darkness can never extinguish it

Dear Friends,

We wish you all a happy and blessed New Year 2022! May the new year bring peace, love and good health to you and to your families. We step into this new year, 2022 in the midst of uncertainties, concerns and fears.

Our hope and stability is in the God whom we trust, who enabled us to overcome every challenge in the past two pandemic years.

We are grateful to each one of you for your prayers and faithful support which enabled us to carry on all the programs of Pravaham in spite of the second wave of COVID 2021. Without your generous support, encouragement and prayers this wouldn't have been possible. Thank you for standing with us especially during these challenging times.

Education was severely affected by the lockdowns especially in rural areas because of lack of digital devices and access to internet. After the second lockdown students who took vaccinations were brought and classes commenced from 1st of July. Special care and precaution were taken to maintain social distancing at school and at the hostel. The class of 2020-21, 17th batch of Pravaham community education program completed their course in September 2021.

Activities of Pravaham Community College:

Apart from the vocational skills, many non-scholastic activities are included in the curriculum to help students explore new areas of interest to which they had no exposure being in the remote rural areas.

Sports day was conducted on the 2nd of August 2021, after they returned from the lockdown. Girls were thrilled to take part in the games with enthusiasm and enjoyed the day.



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. He hoisted the National flag and addressed the students..



A memorable Trip

On the 30th of Aug 2021, students were taken on trip to the historic town of Mamallapuram, beach and Amusement park in Chennai. There, they visited the Chola Pandavas' caves and sculptures, VGP amusement park and the Beach. Many have never seen a beach nor went on rides in the amusement park and their excitement knew no bounds. It was an ethereal experience for them.



Arathi says "This is the most joyous, super exciting and super fun filled day I have ever had in my life. I have seen the beach and the amusement park only on Television and never knew that I will see them in my real life."



Baking Class: Our girls love cakes and buying from the bakery is a costly affair for them. Ms. Arlene Senthivel and Ms. Deepika Valaparla taught the girls to bake Banana cake and chocolate cake by using things easily available in their kitchens. They taught the students to bake in a pressure cooker instead of an electric oven. The students also enjoyed themselves preparing the cakes.



Nutrition day was observed on the 2nd of Sept 2021. Students prepared many nutritious dishes from each food group and presented it colourfully.



Teachers' day was celebrated on the 5th of September. The 17th Batch students arranged a surprise party for the teachers and the staff of Pravaham and made it a very special day for them.



To the out going students a seminar on 'How to transit from a student to a responsible employee', was organized on the 28th and 29th of August. Mr Ravi Stephen and Mrs Deepa Stephen took four sessions focusing on confidence building, team work, work ethics and protection against sexual abuse at work place.



Farewell party was arranged for the students of the 17th batch (2020-21) on the 16th of September 2021.



The Graduation ceremony took place on the 18th of September 2021. Dr. V. Surekha, Prof of Geriatrics, CMCH, Vellore was the chief guest. She encouraged the students not to think of themselves as dropouts but those chosen by God to take care of the suffering and those in pain and show God's love to them. Rev.T. Arul Das, Head of the Department of Chaplaincy CMCH, Mrs. Ann Arul Dhas, Mr. David Chandran, General superintendent CMCH and Mrs. Beulah Chandran were guests of honour.



Placements for all the students:

Campus interviews were conducted from 18th to 29th September 2021 and all the graduated students joined work in reputed Health service Institutions in Chennai and Bangalore.



Bangalore Baptist Hospital

Advantage Hone Health Service

Pravaham is a stepping stone to students to study higher who could not pursue higher education at professional Colleges because of lack of finances.

Three such students from the class of 2020-21, who secured good marks in class 12th were encouraged to apply for Diploma in General Nursing and midwifery (GNM). One of the student, Swetha R. secured admission into schieffelin Institute of Health, karigiri 2021-22.

Swetha's Dream comes True:

My name is Swetha. I come from a village about 25 km from Pravaham. My father works as a cook in a small hotel in Bangalore and because of Covid he did not have work for 10 months. My mother works in the field and supports our family. My parents worked hard and sent all the 3 children to school. I passed 12th class with good marks but my father said that he cannot afford to pay for my higher education as he is sending my brother to college. Disappointed, I was at home for a year. In the year 2020, I heard of Pravaham through a friend and coaxed my father to admit me in the college.



I am so happy that I came to Pravaham. I learnt many things valuable to life from discipline to time management, self-confidence to faith in God. Pravaham made my dreams come true. They helped me to apply to various Nursing colleges and I secured admission in Scheffline Institute of Health in the 3 year Diploma course. I am deeply thankful to you all for making my dreams come true".



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 2021. 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 were moved by her generosity and large hearted gesture.



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".



Class of 2021 --22

44 students were enrolled to the Class of 2021-22 (18th Batch). The inauguration of the 18th batch took place on September 18th 2021 along with the graduation ceremony. Rev,T Arul Dhal, Head of Champlency, CMC dedicated the new batch with prayer.



Founders Day on the 30th of September 2021 was observed. Rev,T, Devadoss was the guest of honour.



Annual cultural program of Pravaham community College was conducted on the 18th of December 2021 along with Christmas celebration. Dr. Deenabandhu, Area Executive, Southern Asia office of Global Ministries, USA was the Chief Guest and Mr. Paul Divakar Mrs. Annie Namala Guest of Honour. Students, parents and villagers around along with the friends of Pravaham from Vellore took part in the program. All the 44 students took part in the cultural program and presented a spectacular show of dances and skits. This was followed by a fellowship lunch for all.



Rotaract Club activities

- + Installation of office bearers for Rotaract club of Pravaham took place on the 24th of Nov 2021. Rtn. Usha Ajith Prasad, District Rotaract Chairman, was the chief guest.
- + **Students of Pravaham Rotaract club** took part in environmental conservation program 30th of Nov 2021.
- + **Pravaham conducted social awareness** program on child marriages and its adverse effects at Palamathy Govt. high school the 6th of Dec. 2021.
- + **Human rights day** was celebrated on the 10th of December 2021. Students were made aware of the 30 basic human rights according to the universal declarations of human rights (UDHR) by the United Nations.
- + Mr Paul Divakar and Mrs. Annie Namala took sessions on Gender equality and on Caste system on the 30th of Dec 2021.



Serving and reaching out to the community :

Health survey was conducted in Venkatapuram village on the 3rd of August for around **34 households**, where there are senior citizens



Health survey at Venkatapuram

To mark the **“World Breast Feeding Day”** in the month of August, an awareness program was conducted in the 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.



Students took part in a 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 of **5 kgs Rice, 1 Kg Dhal, 1/2 lit oil, Biscuit packets, and soaps** were distributed to **76 pregnant women and mothers** from poor families who were suffering from malnutrition.



Flood relief distribution: Vellore and Ranipet districts received heavy rainfall like never before and this caused flooding in many low lying areas in villages around, Pravaham students and staff participated in flood Relief work. **They distributed bed sheet, floor mat and provisions to 75 families in 5 villages** in the presence of Mr. J.L. Eswarappan, M.L.A, Mr. S. Gopalakrishnan, Thasildar of Arcot, and Mr. Senthilvelan V.A.O Kilambadi.



Special Vaccination drive against Covid 19:

Pravaham conducted awareness program to alleviate fears and misconceptions about taking vaccination against Covid among the villagers around Pravaham.

Alongside with the district Health department, Pravaham Nursing tutors and staff took part in the vaccination drive in 5 villages on every weekend, from the 26th of September to 23rd of October. The District health department appreciated the contribution Pravaham community college made by in the special vaccination drive in the villages in Timiri Taluk



56 senior citizens above 70 years from the marginalized communities from the surrounding two villages and 5 single mothers of our students attended the Christmas program . They were given a bed sheet and floor mat. **5 Single mothers of the students** were given dry rations in addition to the bed sheet and floor mats.



Health camp at Kalavai
August 12, 2021
Beneficiaries 70



Bed sheets were gifted to 71 students in Punganoor and Duruvam village M.D primary school



Cleaning the area around Palamathy temple.

Visitors and resource persons:

Pravaham students are privileged to learn from friends of Pravaham who are experts in the field of education, counselling, medicine and nursing related fields. They give them exposure to the latest developments in various fields including nursing care and medical services.



Dr.K.R.John, Former Head of the Department of community medicine, CMC
Community health class



Dr. Ebi Ashely George,
counselling classes



Ms. Arpana and Mr. Anand,
M.Sc Psychology students, Christ College
Spoken English classes



Fr. Aloysius Irudayam & Fr. Cyril Anthony
Chairman Pravaham & Human rights activist
interacting with the students



Mr. Philip Cherian, Director, Formations
Addressing the students



Bishop. Prince Singh,
Episcopal Diocese, Rochester, USA
with the students



Mrs. Kannagi Bagkyanathan Rtd., IAS officer,
former Secretary to the Govt of Tamil Nadu
Addressing the students



Dr. V.Surekha, Professor of Geriatric,
CMC Hospital, Vellore taking class.



Dr. Vivian Churness, Rtd.
Prof of Nursing, USA, First aid class

Infrastructure Development :

Waiting shed for Parents and students: An old thatched roof waiting shed was replaced by a new tin sheet roof shed in Dec 2021. This can accommodate 40 people. Mr & Mrs. Paul Divakar opened the facility on the 30th of Dec 2021.



Pathways on Pravaham campus: Long time prayer answered. In November we were able to replace mud paths with cement blocks. Now the pathways are even and easy to walk, especially in rainy season. Thank you for making this possible through your support.



Prayers for Jaisha,

Jaisha is a 15 year old girl, very enthusiastic to study. She completed class 10 and joined Pravaham Community College in October 2021. Both her parents are daily labourers. Teachers noticed that Jaisha was getting tired very easily. On enquiry, her parents told that she has a heart problem and were afraid to reveal it because she won't get a chance to study. Immediately we sent her to CMC hospital for a thorough check up. It was diagnosed that she is suffering from chronic heart problem and she needs to be operated immediately. Please pray for finances for the surgery and that Jaisha will be able to lead a healthy life.



Please pray for these needs.

- ✦ God's protection on students, staff and their families
- ✦ A senior Citizens Home
- ✦ A community college for Boys
- ✦ A van for outreach programs
- ✦ A generator for the campus.

Thank you for your continued support, and prayer especially in these challenging times of the pandemic. We are deeply grateful to you for partnering with Pravaham.

With warm wishes & prayers,

Lucy Snyman

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

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