

Pravaham

NEWSLETTER

JUNE 2024



*Dear Friends,
Greetings from Pravaham!*

I am happy to share with you the updates from Pravaham over the past six months from January to June 2024. This period has been both challenging and profoundly rewarding. We have successfully introduced two ground-breaking, add-on courses to our Community College curriculum. The details of these programs are given in the following pages. I have also shared life-changing stories of our former students in the newsletter. These inspiring stories of transformation are a testament to the impact that the training at Pravaham has had on the lives of those it serves an impact that you, our valued partners and supporters have helped us to create. I take this opportunity to thank each one of you, for your unwavering support, prayers and partnership with Pravaham.

Updates on Community Education Program



75th Republic Day Celebration, 26th January 2024:
Mr. C. Ravi, Co-ordinator, Pravaham Community College, hoisted the flag which was followed by a cultural Program.



Memory improvement Skill Class, by Mr. Vasanth Joseph, Educationist, Madurai, on the 27th January 2024. He taught them the techniques using PEG method to increase the memory power of the students.

Internship at CMC Rehabilitation Institute for four weeks from 5th February to 1st March 2024.



Excursion to Chennai and Mamallapuram on the 29th and 30th January 2024. The two day outing was not only exciting and fun filled but also informative and a learning experience for all the students.



At the SU Camp site



First time on a Metro



Playing in the beach



At India Seashell Museum, Mamallapuram



Women's Day Celebration
12th March 2024.



Cent percent Pass in NSDC Examination: we congratulate the 47 students and the Staff who trained them to achieve cent percent pass in National Skill development Exam conducted on the 25th and 26th March 2024.

Nutrition Day

Nutrition Day was observed on the 29th June 2024. Students prepared many dishes from different food groups using different methods of cooking. They displayed them attractively explaining the nutrient content of the dishes. **Ms. Jasper Jayaseeli, Nutritionist, CMC, and Mr. Abinash** were the Chief Guests. Ms. Indhumathi, Tasildar, Timiri, Dr. Surekha, Dr. Mary Jacob and Dr. Rita Ruby also visited the exhibition and appreciated the effort taken by the students.



A dream realized....

"I thought my dream will remain as a dream but Pravaham made it come true." Ishwariya.



K. Ishwariya is 19 years old. She hails from a tribal family located in Jawadi Hills near Vellore. Her mother and father are migrant labourers working in the neighboring states of Kerala and Karnataka. Ishwariya has 3 siblings. She had to walk 4 km in the hilly terrain to go to the nearest bus stop. Her parents put her in a residential school for tribal children and she completed Class 12 with good marks. Though she passed with good marks her parents were not in a position to send her to college. Her desire to pursue higher studies in Medical field were shattered. When she shared her plight with a social worker he guided her to Pravaham.



Seeing her desire to study higher, Pravaham helped her to apply to Nursing Colleges in Vellore. She got selected for the Diploma in General Nursing and midwifery course at Schiefflin Institute of Health -Research center, Karigiri.

Ishwariya says "I stayed in a hostel from my childhood but what I learnt in Pravaham is life changing. Initially I was very aloof and self-centered. Pravaham changed my attitude..... I learnt to share and help other students who are struggling in their studies and this gives me great joy.

I have no words to express my thanks to Pravaham and to all who sponsored my studies at Pravaham, which changed the destiny and direction of my life."

Mrs. Anitha Kumari, Tutor, was invited to present a paper on 'Experience as a Life- Skill teacher in a work shop conducted by the Indian Centre for Research and Development of Community Education, Chennai for a group of Trainers of Community Colleges from Sri Lanka, on the 7th, March, 2024.



Pravaham gives opportunities to Tutors to upgrade their knowledge: Mrs. Jayashree and Mrs. Anitha Kumari, Nursing Tutors attended a workshop on 'Nursing care of patients after traumatic brain and Spinal cord injuries', conducted by Department of Neurology Nursing, CMC, Vellore.

Autism Support Assistant course



**Dr. Solomon Sathish .Principal,CMC
Mr. Pradeep Jayathilak, ARC
and Mrs. Shyamsundar**

**Ms. Swarna Joshua, Dr. Bina Koshy, Dr. Samuel Ooman,
Mr. Pradeep Jayathilak, Dr.Solomon Ms. Rachel along
with staff and students of Pravaham.**

Autism Support Assistant Course was introduced on the 5th April, 2024, as a three month add on course to train the students to support individuals with Autism and special needs.

The course is given in affiliation with the Dept. Of Developmental Pediatrics, Christian Medical College and Autism Residential Community, Vellore. An MOU was signed by Dr. Solomon Sathish, Principal, Christian Medical College, Mr. Pradeep Jayathilak, Director, ARC, and Ms.Lucy Shyamsundar, Director of Pravaham Community College on the day of the inauguration. Ten students were selected for this course. Theory and Practical training were given by CMC and ARC. Our grateful thanks to Dr.Samuel Ooman, Head of Developmental Pediatrics, CMC and Mr.Pradeep Jayathilak for initiating this venture.

Karate Classes



Karate classes were introduced to the students to help build self-defence, courage, confidence and improve their physical fitness. Classes were inaugurated on the 17th of May 2024. Smt. K.S.A. Saraswathy, Inspector of Police PEW, Ranipet, and Karate Master, K.Latchi, Sotuh Indian Chief Master were present for the inauguration. Students were very enthusiastic to learn karate.

Beautician Course



Ms.Priya Rangaraj, Director, Lakme Salons, with Students and staff

Beautician Course was offered to rural women and to our students who are interested to learn the skill and earn a living. As trained beauty services are limited in villages this training provides good self-employable skills to the rural women. The course was inaugurated on the 20th June 2024. Ms.Priya Rangaraj, Director, Lakme Salons, Vellore, was the Chief Guest. She encouraged the students to work with passion and practice the skill with commitment and discipline to be an efficient and smart worker.

Volunteers' contribution to Pravaham



Mr.Samuel Fedrick, District Malaria Officer and Mr. Palani, Health Inspector. Awareness on Dengue and Malaria. April 26th 2024.



Mrs. Florence Prem kumar, Bangalore. Spoken English Classes 29th and 30th May and 25th and 26th June, 2024.



Dr.Surekha, Prof. of Geriatrics, CMC, Health check-up for all students and staff. 28th April 2024.



Medical Intensive Care Unit, CMC Hospital Basic Life support Classes on 3rd June 2024.



Emergency Care Department , CMC Hospital First Aid class on 15th June 2024.



Dr. Gladwin Khanpur, CMC, Dental care and Hygiene class. 26th June,2024.

Testimonies of the students on the impact of the training at Pravaham.

"From Struggle to Success" -Pavithra's story of transformation.

I come from Bangarpet, a small town in Karnataka. I am 20 years old. My father was an alcoholic and died of liver problem two years back. My mother works in a Bakery and with her meager salary supports me and my two younger brothers. Life was full of struggles and hardships.

I had a great desire to do higher studies after completing class 12, but my mother had no money to send me to college. At this time my uncle told us about Pravaham Community College.



I was very happy to get this opportunity to study at Pravaham. I had lot of fears of how I will cope up, as I studied in Kannada medium. But our Tutors gave me confidence and I did well in my studies. The one year at Pravaham taught me many valuable lessons which transformed my life and gave me hope.

Pravaham helped me to get a good job in a reputed hospital in Bangalore after completing the course. Now I am supporting my mother financially which gives me great satisfaction and joy. I want to build a small house for our family and help in educating my brothers. I thank God for guiding me to Pravaham which gave me an opportunity to equip myself and stand on my legs."

Divya.V's testimony - "Unlocking my potential - how Pravaham empowered me to succeed."

Divya is a cheerful 19 year old young girl who lost her mother and father at a young age. She grew up in a Christian orphanage in Vellore from the age of three years old. Divya is a slow learner and has stuttering problem. She failed in class 12 and couldn't study further. Her mentors brought her to Pravaham. Initially Divya was very shy and lacked confidence. Being with all the students and the love and care she received from all the staff at Pravaham gave her lot of encouragement. She slowly came out of her shell. Our committed Tutors taught her patiently and she learned Nursing skills and completed the course successfully. Today Divya is working in a Senior Citizen's Home in Chennai lighting up the lives of the inmates



with her bright smile.

Divya says "I thank God for bringing me to Pravaham which gave me hope and brought out my talents. Now I have the confidence that I too can lead an independent life in spite of my disability."

Jeevitha's story of overcoming obstacles and achieving excellence....

"I am Jeevitha, I am 19 years old. I have an elder brother and sister. My father died of heart attack. My mother and sister work as House maids and my brother works in a shop to support the family. I completed class 10 but my mother wanted me also to go for work. This upset me a lot, as I wanted to continue my studies. My cousin, an old student of Pravaham, told us about Pravaham and My mother agreed to send me because the training was given free.

I completed my course successfully in 2023. Pravaham helped me to get a job in a Health Service organization in Chennai. Pravaham taught me discipline, sincerity in work, honesty and fear of God which helped me to excel in my work place. I got 'Best Employer' Award last month. I was thrilled to get this recognition and I thank Pravaham for instilling these values in me. I am happy that I am able to help my family financially. We have repaired our house and we are able to lead a dignified life. I thank God and all who sponsored my education at Pravaham."



Pravaham Reaches out to the Community

Senior citizens' support program

Senior citizens' support program is conducted on the last week of every month. Dr. Carol Devamani, Dr. V. Surekha, Sr. Teresa, and Mr. Ernest were resource persons. Health check ups, Health talks, exercises for muscle strengthening are given for all the senior citizens. Games, singing sessions and watching short films along with Nutritious meal make this program very interesting and enjoyable for the senior citizens of the village. They eagerly look forward for this day every month.

Garland making and Rangoli Competitions were conducted for women on 27th April 2024. They enjoyed taking part in it. We thank Dr. Surkha. V. for sponsoring the gifts for the winners and for giving umbrellas to all the senior citizens' to protect themselves from the heat of the summer.



Health Awareness Programs

Health Awareness Programs - spreading awareness on Health, Nutrition, prevention of infective diseases and Mental well being in remote villages in Ranipet and Vellore Districts. Blood sugar and Blood pressure levels are checked for all the patients without cost.



Ranipet Dist. Collector, Smt. Valarmathi, at Venkaturam Village at Government conducted Jamabandhi on 14th Feb.2024.

No. of Beneficiaries: 45



At Unnai Pallathur and Appukal, Paratharami, Anaicut villages. Cancer Awareness Program 17th Feb 2024

No. of beneficiaries: 170



At Labai Krishnapuram, Baratharami and Allanganeri villages on 4th May 2024. Awareness on Emergency care during Heat strokes, First Aid and CPR procedures
No. of Beneficiaries : 103



at At Mulluvadi, Arni, Mangamaram stop and Thamaraiakkam villages on Diabetes, Nutritional Disorders and CPR procedures. 11th May, 2024.
No. of Beneficiaries: 165

Rural Children's summer camp

Rural Children's summer camp was conducted for surrounding village children for 5 days from 24th to 29th April. Spoken English, Computer Application, Maths and Craft classes were conducted according to the age of the children. Short films and Puppet show were shown to in still moral values in children.

Games and singing sessions were thoroughly enjoyed by the students. Snacks and lunch were provided for all the participants. At the end of the camp each child was given a gift. Children enjoyed it so much that they wanted us to extend it for one more week. **No. of beneficiaries: 86**



Medical camps



Medical camp at Pravaham on 25th May and 27th June 2024. Dr. Daisy Singh and Dr. Pushpa Raj checked all the patients.
No. of beneficiaries: 41



Visitors to Pravaham



Mr. Armin Beck, Director, Christian Education Fund, Germany, and Mr. Echhard Sekell, Board member, CEF, visited Pravaham on the 11th & 12th January, 2024.



Dr. Dayalan Clarke, U.K
 Jan 17th 2024



Mrs. Vasanthi, District Social welfare board & project officer, Thimiri Block, Ranipet Dist. On Feb 16th



A delegation of twenty Newly recruited Community College Teachers from Sri Lanka, accompanied by the Director and the Manager of ICRDCE visited Pravaham to observe the working of the Community College on 2nd March 2024.



Mr. Samanth and Mrs. Cindy Dawson along with their children Asha and Ari and Mrs. Gita Dawson, long standing supporters and friends of Pravaham visited on the 2nd April, 2024. We appreciate them for taking time to visit Pravaham, braving the heat of the summer.



Mr. M. Suresh District Revenue Officer (DRO).
 17th April 2024.



Dr. Mary Jacob, Dr. Rita Ruby,
 Dr. Surekha. 28th June 2024.

Visit from old students

Many of our Alumni visit Pravaham and interact with the students and share their testimonies. Their visits always bring us joy and fulfilment.



Keerthana.K, 2021-22 batch, 20th January 2024.
T.Baby 18th 2021-22 Batch
9th March 2024.

Deepa.V and Sivagami.K,
2021-22 batch, 1st April 2024

Abirami. A.
2021-22, 24th May 2024

Mythili.K
2021-22, 29th May 2024

Swetha.S 2020-2021
Student.13th January 2024.

Remembering our Founder Bishop. Anandaroo Samuel



A thanksgiving service was held on 31st May 2024, on the occasion of the 25th anniversary of the Home Call of Bishop . Anandaroo Samuel, founder, Pravaham.

Rev. J. Inbanathan, Senior Pastor, Elim Church, Vellore gave the message. He encouraged the students to emulate the qualities of forgiveness, humility, faith, and selfless service from the life of the Bishop. Rev.Isaac Jayakumar sang bishop's favourite song - 'Great is Thy faithfulness.'

Please pray for the following needs of Pravaham-

- Van for outreach Program
- Admissions for the new academic year 2024-25
- Good health and protection for all the students and staff
- Committed staff needed - Accountant, Assistant Hostel warden and driver .
- Primary Health and Wellness Centre.
- Senior Citizen's Home

Bishop's favourite Prayer

*I am no longer my own but Thine
Put me to what Thou wilt
Rank me to whom Thou wilt
Put me to doing
Put me to suffering
Let me be employed for Thee
Or laid aside for thee
Exalted for Thee or brought low for Thee
Let me be full
Let me be empty
Let me have all things
Let me have nothing
I freely and heartily give
All things for thy disposal.*



Thank you for taking time to read our Newsletter. We humbly request you to uphold us in your prayers as we move forward to make a lasting difference in the lives of those entrusted to our care.

With warm wishes,

Lucy Shyamsundar

Local Contributions

PRAVAHAM
A/c no.10507878408
State bank of India
Vellore Branch (02203) Bagayam.
IFS code - SBIN0002203
PAN : AAATP8791P

Foreign Contributions

PRAVAHAM
A/c No: 00000040109012846
State bank of India
(New Delhi Main Branch)
Branch Code: 00691
IFSC Code: SBIN0000691
SWIFT Code: SBININBB104

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