

Pravaham NewsLetter

JANUARY 2026



Dear Friends,

Warm greetings to each one of you.

As we stepped into another new year, we look back with grateful hearts, thanking God for His guidance and faithfulness in sustaining Pravaham.

Thank you for joining hands with us to continue this journey of bringing hope, dignity, and light into the lives of many. We are deeply thankful for your generous and consistent support. Your partnership and encouragement make this mission possible.

The past months have been encouraging. Fifty students have joined our Community Education Program—the highest enrolment we have seen so far. In addition, we started Tailoring and Dress Designing course, with sixteen women from nearby villages enrolling with great enthusiasm.

We hope you will enjoy reading this newsletter, which offers a glimpse into our work and the meaningful difference it continues to make in the lives of individuals and families from the marginalized communities.

With warm wishes and heartfelt thanks,

Lucy Shyamsundar

Community Education Program highlights

A Season of Growth, Learning & Empowerment

July – December 2025

The Karate Coaching Valedictory and Certificate Distribution took place on 10th July. Mr. K. Latchi, Chief Master of Karate, Vellore, awarded certificates and Yellow Belts to the participants.



Nutrition Day was conducted on 26th July to increase awareness about the importance of nutritious food and healthy eating habits. Ms. Swarna Rao, Retd. Principal, Vidyalayam School, Vellore, and Ms. Vasantha were the Chief Guests.



Sports Day was held on the 29th July, with all students participating enthusiastically. Mr. Shyam Sundar and Mr. C. Ravi, distributed Prizes to the winners.



A Farewell program for the class of 2024–2025 was organised on 28th August by the staff and students.



Out-going students with their Class Photo Presented as a Memento

‘Flora Samuel Administrative Block’ was opened on the 29th Aug. by the Chairman of Pravaham, Rev. Aloysius Irudayam. The building has been named in memory of Mrs. Flora Samuel, wife of the founder, Bishop Anandarao Samuel, in honour of her life and testimony.

The construction of the block was made possible through funds raised by Ms. Sonia and Mr. Raju Lalwani. Their support reflects a shared commitment to strengthening Pravaham's mission and creating lasting impact for students and the wider community.



Graduation Ceremony for the 21st Batch (2024–2025) took place on the 30th August. **Rt. Rev. Dr. Sharma Nithiyandham**, CSI Bishop of Vellore Diocese, was the Chief Guest. He inspired the graduates to carry out the healing ministry with faithfulness and integrity. Rev. Aloysius Irudayam, S.J., Chairman of Pravaham Trust, Mr. Raju and Ms. Sonia Lalwani, Mr. Paul Divakar & Ms. Annie Namala were the Guests of Honour.

Job opportunity for all: All the students successfully secured employment through campus interviews held on 15th and 20th September in six Health Care & Service organizations in Chennai, Bangalore and Vellore. This is a significant milestone in their academic and professional journey.



Bangalore Baptist Hospital, Bangalore



Emmanuel Home, Chennai

Inauguration of the Class 2025-26 took place on the 30th of August. 50 students were enrolled for the program, the highest number enrolled so far. Rev. Aloysius Irudayam, S.J commenced the 22nd Batch of Pravaham Community College with a prayer.



Tailoring and Dress Designing course was launched on 6th October, 16 women from nearby villages, eager to learn new skills for better opportunities, enrolled in the course. This course is more than vocational training for these women - it is a meaningful break from the routine of household chores and responsibilities. It gives them the confidence and joy of stepping out each day with a purpose, feeling productive and valued. With the support and counselling provided by Ms. Velankani, the new Vocational Skill instructor, the centre has become not only a place to learn but a source of strength and hope and a safe place where they can open up about their struggles and personal challenges.



Fire Safety Awareness program was conducted on 6th November. Mr. D. Santhosh, Service Engineer from Mysore Fire and Safety Equipment, explained fire safety measures and demonstrated how to protect themselves and extinguish fires.



Installation of the Rotaract Club office bearers of Pravaham Community College was held on 13th November. Ms.A.Ramya, Ms.R.Jothieswari, Ms.M. Priyadarshini were installed as President, Secretary and Treasurer. Rtn. J. Hari, District President, Rotary Club of Vellore Golden City, along with other Rotarians, attended the program and encouraged the students.



Annual Cultural Program was held on the 6th Dec. Dr. Annie Jeremiah, Principal of Voorhees College, Vellore, was the Chief Guest. Students and Staff put up a colourful and variety cultural program which was appreciated by all. Many friends, well-wishers and beneficiaries attended the program and made it a success.



Gift of Van to Pravaham : A 15-seater van was donated to Pravaham by an Anonymous donor. This is an answer to our prayers and fulfilment of a long-cherished wish. This will help ease travel and strengthen Pravaham's outreach work.

We sincerely thank the donors who chose to remain anonymous. Their love and generosity has made a meaningful difference to Pravaham's mission.



Volunteers' Contribution to Student Development & Professional Training

Pravaham was greatly enriched by the dedicated contribution of volunteers who shared their time, knowledge, and compassion. They played a vital role in strengthening students' professional skills, confidence, and personal growth. We are deeply grateful to every volunteer whose time, expertise, and care have enriched the lives of our students.

Classes on 'Geriatric Care and Health Concerns' were conducted on the 5th & 6th July by Dr. V. Surekha, Prof. Mr. Earnest.R Physiotherapist and Ms. Teresa G, Nurse, from the Department of Geriatrics, CMC.



Job readiness and motivation seminar was organised on 10th July Ms. Vasthi Sonalini and Mrs. Josephine Ravi, guided the outgoing students on workplace expectations and overcoming challenges.



Spoken English & Craft Classes, singing sessions were conducted by Dr. Vivian Churness, Ms. Linda, and Ms. Hannah Churness. Their interactive methods using songs and storytelling made learning joyful. During this visit, First Aid books authored by Dr. Vivian & Ms. Lalitha Verghese were distributed to all students, on the 9th September



Interns from Gurukul Lutheran Theological College and Research Institute, Chennai, spent 2 weeks volunteering at Pravaham. They took Life skills and Counselling sessions, Human-Rights Education & Communicative English classes. They also volunteered in community outreach programs.



A certified Dementia Care Training Program was conducted on the 7th - 8th October 2025 by Dementia India Alliance (DIY), Bangalore. Ms. Nandita K.B, Mr. Anand Kumar, and Mr. Christopher, were the resource persons.



Visit from Malabar Gold & Diamonds, Vellore — Mr. Rajesh, Store Manager, and Mr. M. Silambarasan, Sales officer visited Pravaham and distributed sweets and chocolates during the Deepavali festival.



Eye Care and Healthy Vision Awareness was given to the students through a workshop led by Ms. Vasthi Sonalini, Optometrist, on 15th October.



A Team of Doctors and Nurses from Australia headed by Dr. Alan Black visited Pravaham on the 22nd October. They conducted practical sessions on CPR demonstration, Hygiene, Oral care, and essential Life skills. They also donated Medical Equipment for the Nursing Lab.



Life skills, Value Education, and Counselling sessions continued throughout the year. Students were guided by Mr. Herbert Samuel and Mr. Mathew from Renovate Children Ministry, Rev. Devadoss, Mr. Paul Edward and Ms. Shalini Manohar.



Mr. Herbert Samuel and Mr. Mathew, Chennai.



*Ms. Shalini Manohar
CEO, Life Focus Society, Chennai*



*Mr. Paul Edward, Manager – HR, DIY,
Bangalore*

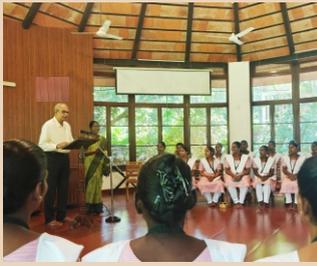


Counselling support was provided by Ms. Sonia and Mr. Raju Lalwani and Dr. Anju Thomas.

Value Education classes were conducted by **Rev. Varghese Thomas** and **Ms. Lalitha Varghese**, Hosur and **Mr. Vijayakumar.V**, Hyderabad. Students also benefited from a session on Healthcare service and leadership by **Mr. David Chandran**, Executive Director of Lamb Hospital, Bangladesh,



Rev. Varghese Thomas and Ms. Lalitha Varghese



Mr. Vijayakumar.V, Hyderabad



Mr. David Chandran, Bangladesh.



M. Viswanath, Vellore.

Celebrations on the Campus

Independence Day - Chief Guest Rtn. D. K. Manoharan, CA, Treasurer, Rotary Club, Vellore Golden City, hoisted the National Flag and gave Independence Day address.



Teachers' Day : Teaching faculty was felicitated by Mr & Mrs. Raju Lalwani.



Founders' Day was celebrated on the 10th October, Mr. Nirmal Kumar Namala, Associate Director, World Vision India and Mrs. Prathima Namala, were the Guests of Honour. They shared inspiring reflections on the founder and motivated the community to continue advancing the vision and mission of Pravaham.



Christmas Celebration took place on the 6th December with a cultural program, special meal, and distribution of gifts to all students.



Diwali - Festival of lights was celebrated on campus by lighting diyas, sparklers and distributing sweets.

Alumni Engagement from Students to role models

Seven Pravaham Alumni working in Bangalore and Chennai, visited Pravaham during the months of July to December 2025. Their visits were encouraging, as they spent time interacting with current students and sharing their personal stories of growth, success, and transformation. They motivated the students to dream with confidence, pursue meaningful careers, and commit themselves to lives of service.



Ms. L. Kiruthiga (2022-2023)



Ms. Aruna Mary (2023-24)



A bridal shower was organized for our Alumna Diana (2016-17) at Pravaham before her wedding.

Stories of Hope and Renewal

A dream once out of reach, now a future in the making...

Jothika. A. is a student of the Class 2024–25. She comes from an economically challenged, single-parent Dalit family. Although she passed Class 12 with good marks, her family situation made higher education impossible. Jothika joined Pravaham, just like her elder sister Gopika, who studied at Pravaham and now supports the family. When Jothika first came, she was very unhappy. She had lost confidence and felt discouraged because she could not continue her studies.

Pravaham encouraged her and guided her to apply to different Nursing colleges and prepare for entrance examinations. Jothika worked with determination and hard work, and passed the entrance exam. She secured admission to the Diploma in General Nursing and Midwifery (DGNM) course, at the Schieffelin Institute of Health Sciences, Karigiri, Vellore.

Today, Jothika is a changed young woman, moving forward with hope & courage and belief in herself.

Thank you for your support which is not just funding education -it is restoring confidence, dignity, and dreams.



A Second Chance for Sasikala



Sasikala

Sasikala comes from a remote village, near Chengalpattu. She lost her father when she was in Class 12. Her mother, who is not literate, struggled each day, to support the family. With no steady income, poverty forced Sasikala and her sister to work in factories and garment shops. They worked long hours in harsh conditions just to survive. Over time, this took a serious toll on Sasikala's health.

She became weak and unwell. Eventually, she was forced to stop working and remain at home.

For two long years, Sasikala's dream of continuing her education was put on hold. She felt helpless and forgotten. In August 2025, she heard about Pravaham from a relative and decided to enroll.

At Pravaham, Sasikala found more than education..... she found care and belonging. The nutritious meals served every day helped restore her strength and improve her health. As her body healed, so did her confidence. Slowly, she began to smile again and believe in herself.

Sasikala shares ***“I had lost all hope of studying further. Pravaham gave me a second chance and a new meaning to life.”***

Today, Sasikala is rebuilding her future step by step. She walks forward with dignity, confidence, and renewed purpose.

Infant Seliciya's Journey from Pain to Hope

Seliciya, aged 25, is a mother of two young sons aged 5 and 2. She got married very young, and discontinued her studies. Her married life was more of a struggle than security. Two years ago, her husband fell into addiction and left the family, abandoning Seliciya and her children without support.

With nowhere else to go, she returned to her parents' small home in Rameswaram. Her father, a driver, was already struggling to support the family and to educate her two younger sisters. She felt broken and without hope.

Seliciya learned about Pravaham through a Pastor. Though it was nearly 500 km away, she chose to come and enrol at Pravaham, leaving her young children to her mother's care.

At Pravaham, slowly, her tears gave way to strength. Her confidence returned. Today, she believes in herself again and is preparing to stand on her own feet.....for herself and for her children.

In her own words, she says - ***“Every day I wept and prayed for my life to change. God answered me by opening the doors of Pravaham-my ray of light and hope.”*** Seliciya's journey is one of courage, sacrifice, and renewed hope.

Your support is helping her move towards self-reliance and a brighter tomorrow for her family.



Infant Seliciya

Community Outreach Program

Six months of service and community impact.

July – December 2025

Pravaham's Community Outreach Programs provide regular health services, senior citizen support, and focused health awareness initiatives. Through these efforts, over 467 beneficiaries were reached, promoting emergency preparedness, early identification of health risks, and preventive care in vulnerable communities in rural areas in Ranipet and Vellore districts.

Medical camps were conducted every month with volunteer support from senior doctors. We are grateful to **Dr. V. Surekha**, and **Dr. Anju Thomas**, for their valuable service to Pravaham



Dr. V. Surekha



Dr. Anju Thomas

Senior Citizens' Support Program:

Monthly get together for senior citizens included health talks, guided exercises, games, movie screenings and shared meals, promote active ageing and social connection. **No. of beneficiaries: 168**



Gifts for all senior Citizen by Dr. Surekha



Eye Care Awareness session was conducted at the Panchayat Union Primary School, Krishnapuram, led by optometrist Ms. Vasthi Sonalini, on 15th September. **No. of beneficiaries: 22**



World First Aid Day: Awareness was given on snakebite, falls & fractures, drowning, at Sagayapuram and Cheyyar, along with free blood pressure and blood sugar screening on 23rd Sept. **No. of beneficiaries: 35**



World Heart Day:

Heart health awareness sessions and CPR demonstrations were conducted at Arumparuthy Village, Narikuravar Colony, Cheyyar, and Kalavai on 15th October. **No. of beneficiaries: 123**



Cancer & Diabetes Awareness program was conducted at Melmoyil and Kankayanellur, focussing on early warning signs, prevention, diet, and healthy living, on 20th December.

No. of beneficiaries: 119



Strengthened by Commitment, Renewed in Service

Pravaham team continues to work with dedication, faithful and compassionate service. Their efforts continue to shape Pravaham into a place of hope, growth, and excellence.

As part of on-going professional development, the Nursing Tutors attended a workshop on 3rd December organised by the Department of Geriatrics, CMC Hospital, enhancing their knowledge and skills in geriatric care.



Staff Retreat was conducted on 30th July. Rev. T. Devadoss, provided meaningful time of reflection, spiritual renewal, and encouragement. The day ended with a lunch outing which was enjoyed by all.



Please pray for the following needs of Pravaham

- **Good health and protection for all the students and staff.**
- **Sponsorship for 20 students**
- **Committed staff needed - Accountant, Assistant Hostel warden, driver, maintenance staff and gardener.**
- **Primary Health and Wellness Centre.**

We offer our heartfelt thanks to our readers and supporters whose encouragement and involvement sustain every step of this journey. We are deeply grateful to God for His constant guidance and blessings. We move forward with hope and dedication to continue serving the community together.

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: 0000040109012846
State bank of India
(New Delhi Main Branch)
Branch Code: 00691
IFSC Code: SBIN000691
SWIFT Code: SBININBB104

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