

Pravaham

Bishop Ananda Rao Samuel's Community for Peace and Justice

ANNUAL REPORT

2024 - 2025



Founder of Pravaham



Bishop. Ananda Rao Samuel

1928-1999

- 1. Vision & Mission-----
- 2. Trustees pictures -----
- 3. Message from the Chairman-----
- 4. Year in Review – Highlights-----
- 5. Core Programs & Activities-----
- 6. Stories of Transformation-----
- 7. Community Outreach & Health Initiatives-----
- 8. Volunteer & Visitor Engagement-----
- 9. Pravaham Team-----
- 10. Summary of Impact-----
- 11. Acknowledgments-----
- 12. Financial Audit 2024-2025-----
- 13. Donors List-----
- 14. Our 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.

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, color, 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.

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 struggle 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.

Board of Trustees

2024- 2025



Aloysius Irudayam
Chairman



Lucy Shyamsundar
Managing Trustee



Yaseva
Treasurer



Annie Namala
Trustee



Ann Rajkumar
Trustee

'Not the Length of Years but the Quality of Life that Matters...'



Fr. Aloysius Irudayam S.J. *that mattered most.*

A well-known inspirational quote of Abraham Lincoln, the 16th President of the United States, is "And in the end, it is not the years in your life that count, it's the life in your years." Having been assassinated at a relatively young age, his 56th year, his name is etched in the annals of history as one of the greatest Presidents esteemed for his great achievements, in particular for his views on equality and the abolition of slavery in his country. He could have lived longer, gained rich experiences of many facets of life, and even enjoyed whatever life would have offered him. But for him, it is not the years he lived but the quality of life he lived

What is of paramount significance about PRAVAHAM is not its mere existence and its manifold activities that can fill up its annual reports for a cursory or serious reading by its well-wishers. The quality of life it promotes among the students is what make PRAVAHAM's existence and activities remarkably significant and exceptionally noteworthy. This is manifested in its conviction about its vision and commitment to its beneficiaries. The mission focus is on young women who are either school dropouts or are unable to pursue higher studies, poverty and gender being the main causal factors. Paltry family income results in poverty which makes education inaccessible to them. Compounding this is patriarchy as women in poverty ridden society are not expected to scale the heights of life.

PRAVAHAM's revolutionary vision breaks this economic and cultural slavery into empowering these young women towards living a decent and dignified life, and becoming sincere and service-minded persons. The multi-dimensional personality development formation provided in PRAVAHAM and the health-related academic as well as general informative courses offered therein lay a strong foundation for these young women in professional and human terms. Additionally, PRAVAHAM's noteworthy contribution is the job placement opportunities sought and provided with great care for these young women.

The net result is the health-related quality services provided by these well-trained young health assistants to the sick and the infirm, the young and the elderly in various health institutions in Tamil Nadu. In fact, I admired and felt proud of PRAVAHAM and its students whenever I read or heard about the rich compliments offered by the management of the health centres regarding the quality of service rendered by these young women health assistants. More importantly, remembering their Alma Mater, these young women have in turn come forward to help poor students and their families through PRAVAHAM and on their own.

One can legitimately state, therefore, it is not the years of its existence but the quality of its life in its existence that is making PRAVAHAM a meaningful institution in the Palamathi Hills of Vellore district of Tamil Nadu. Undoubtedly this has been made possible all these years by the committed services of PRAVAHAM's visionary Director and the energetic staff whose single-minded dedication to the cause of the poor and the welfare of the young women is praiseworthy. The donors and well-wishers have been truly remarkable in their journey of accompaniment with PRAVAHAM and have been magnanimous in their support for realizing the dream of the founder, Rt. Rev. Ananda Rao Samuel, in establishing PRAVAHAM as a community for peace and justice that would create a world where people live in peace and unity as daughters and sons of the family of God.

Fr. Aloysius Irudayam S.J.
 Chairman,
 Pravaaham Trust,
 14.08.2025

47 dropout girls given vocational skills



45 out of 47 graduates placed in Healthcare institutions.



2 Students given Opportunity to study higher education



Over 921 community members reached through outreach programs



**Free medical consultancy and Medicine every month
660 Beneficiaries**



**Senior citizens support Program
444 Beneficiaries**



Expansion of Life Skills - Autism Support Assistant training, and Beautician courses.



Strengthened volunteer and global partner engagement.



Testimonies of transformation.



Core Programs & Activities

I. Community Education Program

Key Academic Milestones

Graduation Ceremony for the Class of 2023–24 (20th batch) was held on 7th September 2024. The chief guest, Dr. Samuel Oomen Head of Dept. of Developmental Pediatrics, CMC Vellore, distributed certificates. Mrs. Cynthia Engh (USA), Ms. Hannah Churness (USA), and Mrs. Sonia Gurnamal (Hong Kong), along with many other friends of Pravaham, attended the event. The ceremony included dignitaries, lamp-lighting.



100% Job Placements for all students

Campus Interviews & Job Opportunities for all graduates - out of 47 students who completed the course, 45 were placed in Healthcare and service institutions in Chennai and Bangalore. Pravaham also supported one student in pursuing a Diploma in General Nursing and midwifery at SIHRLC, Karigiri.



Amazing Love Home, Chennai

Bangalore Baptist Hospital, Bangalore

Advantage Elder Care, Bangalore

Emmanuel Methodist Home, Chennai.

Dr. Shalini Retirement Care Home, Chennai

Autism Residential Community, Vellore

Inauguration of the Class of 2024–25

The inauguration of the Class of 2024–25 took place alongside the graduation ceremony on 7th September 2024. Thirty-four students were enrolled, and classes commenced on 1st August 2024.



Internship at Rehabilitation Institute, Christian Medical College Hospital (CMCH)

As part of their training, Pravaham students completed a four-week internship at the Rehabilitation Institute of CMCH in February. During this period, they received hands-on experience in basic nursing procedures, patient care, and rehabilitation support under the guidance of experienced medical professionals.



Class on Emergency Care was taken by the department of MICU, CMCH, on May 16th. Students learnt the first aid procedures for drowning, choking, snake bite, fractures etc. which was very useful.



Class on Communication Skills was taken by Mrs. Jennifer Manoranjan, Retd. English Teacher, Dubai, on the 3rd Feb 2025.



Visit to Multi Speciality Hospital (CMCH), Ranipet, on March 1st provided students with real-time exposure to hospital operations. Mr. Durai Jasper, Deputy Superintendent, CMC, gave an overview of hospital management. Nursing Superintendent Office Personnel, explained the scope of work for General Duty Assistants (GDAs). Mrs. Shenbagavalli, GDA Supervisor, conducted sessions on patient care and ward responsibilities.



Basic Life Saving Support class, was taken by the department of Medical Intensive Care Unit of CMCH, on the 27th of June. Mr. Amal Raj and team demonstrated life saving techniques to the students which were very useful for them.



Class on Geriatric Care and Support: Dr. Surekha, Prof. Dept of Geriatrics , Mr. Ernest, Occupational Therapist, Ms. Teresa, Nurse Educator, took sessions on July 5th and 6th, on various ways of giving care and comfort to elderly patients, which was valuable to the students.



Nurses Day was celebrated on the March 9th 2025. Mrs. Arokyaseeli Mabel Annarani, Deputy Nursing Superintendent, CMCH, Vellore, was the Chief Guest. She gave an inspiring message on being an authentic Nurse and encourage the students to have their Identity in God, to serve with love, commitment and compassion.



Nutrition Day was celebrated on 25th July 2025 with great enthusiasm. Students were divided into five groups and prepared delicious & nutritious dishes incorporating all five essential nutrients.

The event was judged by Mrs. Swarna Rao, Ms. Vasanthi, and Ms. Sonali, who appreciated the students' efforts, creativity, and the nutritional value of the dishes presented. The vibrant display and commitment shown by the students were highly commendable.



Autism Support Assistant Course:

Mr. Pradeep Jaya Tilak, Director, ARC, Anaicut, Vellore, took a class on autism spectrum disorder on the 24th of March. Six students took Autism Support Assistant course.



Beautician Course – 2nd Batch was inaugurated on April 8th 2025. This program is part of our continued effort to empower women with livelihood opportunities and entrepreneurial potential.



Workshop on the 'Care of Eye ' by Ms. Vasthi Sonali R, optometrist from CMC, Vellore was conducted on October 25th 2024. The session was attended by students and the Nursing Tutors, who actively participated and gained valuable knowledge about eye health.



Work shop on Human Rights Education & Training was held, on the 18th December, covering topics such as non-discrimination, dignity, and autonomy. The session was conducted by Mr. M. Theo E. Stephens, an Engineer by profession turned into Social Activist and Educator.



Workshop on how to protect oneself from physical, emotional and verbal abuse at school and work place, was conducted on 12th March 2025, by legal and law enforcement professionals. It helped gain knowledge on safety and justice for women. Mrs. P. Sudeshna, coordinator and Miss. Koperundevi, Gender Specialist, Social Welfare Office, Ranipet and Mr. K. Elango, B.Sc., B.L., Advocate, Venkatapuram were the resource persons.



A Talk on genuine Love, on Valentine's day: On February 14th 2025, Mr. John and Mrs. Suganthi Ruben gave an insightful session on the lasting consequences of getting confused between true love and fleeting infatuation. This helped the students to have a deeper understanding of emotional clarity and the importance of making wise choices in matters of the heart.



Work shop on Drug Awareness Program was conducted on 26th June 2025 Mrs. K.S.A. Saraswathy, Inspector of Police, PEW, conducted a session on the dangers of Alcohol and Drug abuse. The students actively participated in a competition discussing the impact of alcohol on families and communities.



Life Skills and Counselling classes

Building Confidence and Purpose through Life Skills and Counseling.

Through engaging classes in spoken English, self-improvement, and purposeful living, students learned to set goals, communicate effectively, and face challenges with resilience. These experiences not only enhanced their skills but also inspired a deeper sense of purpose, faith, and emotional well-being. These sessions made a lasting positive impact on the students, equipping them with practical tools for personal growth and confidence.

Life Skills and Spoken English Classes were taken by the students of Gurukul Lutheran Theological College and Research Institute, Chennai who interned with Pravaham from 15th to 31st August 2024.



Counselling sessions focusing on self-improvement, goal-setting, and conversational English were taken by Ms. Sonia Gurnamal, Counsellor and Educator.



Life Skills class was conducted by Mrs. Josephin Mary Selvakumari, a retired Staff Nurse from CMC, Vellore, enriching the educational experience for the participants.



Family Counseling Program – a step toward stronger Families. The Family Counseling Program, at Pravaham positively impacted 39 rural parents of for the 21st Batch (2024–2025). For many parents it is the first time attending such a session. by Mr. Viswanath. J, Mrs. Mercy Viswanath, and their team, led the program focusing on strengthening family relationships through love, trust, and forgiveness. Interactive games, prizes, and a shared lunch created a warm and engaging atmosphere. Parents left feeling hopeful, encouraged, and committed to building unity in families



Counselling on Health Issues & Medical Check-up On November 27th, Pravaham organized a medical checkup for 34 students at CMC, Bagayam. Mrs. Gifita, Social Worker, conducted a counseling session on HIV and personal hygiene.



Mrs. Gifita taking class on HIV

Mrs. Beulah Newton, Retd, Post Master, Vellore, took Life skills class on the 23rd of January.



Mr. Prathish Raj, Director of Events, Life Focus Society gave a message in the morning devotion on the theme, "Living a confident life by trusting God." This encouraged students to cultivate inner strength and assurance through faith.



Mrs. Beulah David, Counsellor and Motivational speaker, Bangladesh, took a Session on purposeful living, on June 25th.



Exit Seminar was conducted by Ms. Vasthi Sonali on 23rd July 2025 for the outgoing students. The session aimed to equip them with the skills to face workplace challenges and effectively manage work-related pressure.



Empowering Dreams - Higher Study Opportunities

Jyothika's Journey: From Despair to Hope



Jyothika

Jyothika lost her father at the age of five, leaving her mother—a daily wage laborer in hotel kitchens—and three daughters to fend for themselves. With no education and barely enough to survive, her mother struggled to make ends meet.

Jyothika's elder sister found a lifeline through Pravaham Community College and began supporting the family. Inspired by her, Jyothika completed high school with good marks but couldn't afford higher studies. Encouraged by her sister, she joined Pravaham, burdened by uncertainty and depression.

But within six months, Pravaham's nurturing environment transformed her. Hope replaced despair. Jyothika excelled in her studies and was given the opportunity to apply for a

Diploma in General Nursing and Midwifery at the Schiefflin Institute of Health Sciences, Karigiri.

She cleared the entrance exam and interviews and is now proudly enrolled in her first year. Her education is being sponsored by the Christian Education Fund through Pravaham.

"I have no words to thank Pravaham for lifting me from the depths, helping me believe in myself and in God," Jyothika says. "My dream has come true. What once seemed impossible became possible by God's grace and the kindness of the Christian Education Fund. I will finish, work, and one day uplift students like me."



Empowerment through Extra-Curricular Activities

Beyond the Classroom – Holistic Learning at Pravaham, extracurricular activities are designed to nurture creativity, confidence, and compassion in students. Through hands-on workshops, cultural events, and community outreach, students gain valuable life skills and meaningful experiences beyond academics.

Craft and Handwork Classes – A Creative Experience from 28th to 30th August-Craft and Handwork Classes were conducted by Ms. Hannah Churness, Cynthia Engh, Cece Zelesky, and Vivian Churness. They taught the students how to make chains, bracelets, and earrings using colorful beads. The students also learned how to paint on canvas. These classes helped them explore their creativity and enjoy making things with their hands.



Cake Baking Classes: On September 30th, 2024, students were treated to an exciting cake-baking class led by Ms. Deepika Valaparla and Ms. Sonia Gurnamal. Students eagerly participated in the baking class and learned the new skills and had fun in the process.

Karate Classes were given for empowering the students with physical fitness and self-protection skills, Pravaham inaugurated its Karate Training Program on April 7th, led by Master K. Latchi. This initiative fosters discipline, confidence, and self-reliance among young women, helping them stand strong in everyday life. Certificates and yellow belts were distributed at the end of the 3 month training.



Annual Cultural Day was organized on the 7th December 2024. We were honored to have Padma Shri Dr. Mammen Chandy, former Director of Tata Medical Centre, Kolkata, and Mrs. Anu Mammen as Chief Guests, for the program. Dr. Mamman Chandy gave an inspiring and thought provoking message to the students and to the community. Students performed dances, dramas and skits exhibiting their talents.



Excursion to Chennai and VGP Amusement Park A Day to Remember

An exciting one-day educational tour to Chennai VGP Amusement Park was organized for students and staff on the 21st March 2025. For many students, it was their first experience visiting Chennai and exploring amusement rides and the beach. The joy and laughter throughout the trip made it a truly memorable outing.



Sports day was held on the 27th of July 2025 for the students of the Class-2024-25. Students were divided into four teams and various games were conducted. Students took part with enthusiasm and team spirit. Staff of Pravaham also took part in some games and it was a great day of fun and frolic. Prizes were distributed to the winning team by Mr. Shyam Sundar, Mr. C.Ravi and Mrs. Suganthi Kanagaraj.



Visit to Shanthi Gramam on World Leprosy Day –

On World Leprosy Day, the students and staff of Pravaham visited Shanthi Gramam, a leprosy rehabilitation home in Karigiri. The students taught the residents exercises and performed dances which were appreciated by all. The day ended with a shared meal served by Mrs. Valsa Augustine, Director of Shanthi Gramam, creating a sense of family and togetherness. The experience left a lasting impression on the students, opening their hearts to see life from a new perspective. For the residents of Shanthi Gramam, the visit brought joy, laughter, and a reminder that they are seen, valued, and not alone. The connection built through simple acts of kindness created a memorable and healing experience for everyone involved.



The Rotaract Club of Pravaham Community College provides students with valuable opportunities to develop leadership, serve the community, and engage in meaningful social initiatives. Through events like the installation of office bearers, leadership workshops, environmental drives, and outreach programs, students gain confidence and practical experience. These activities foster a spirit of teamwork, responsibility, and active citizenship among the youth at Pravaham.

Installation of Rotaract Club Office Bearers

The Pravaham Rotaract Club ushered in a new leadership team on **January 10th, 2025**. Rtn. Mr. N. Baskaran, President was the Chief Guest and other Rotarians from Rotary Club of Vellore Golden city were present for the Installation. The newly installed office bearers were - President: Mrs. B. Tamil Selvi, Secretary: Ms. K. Kaviya, Treasurer: Ms. Parisupogu Hema Jyosthna.



Rotary Youth Leadership Awards (RYLA) Program was jointly organized by the Rotary Club of Vellore Golden City and the Rotaract Club of Pravaham Community College, on **May 20th 2025**. The program featured expert-led sessions on leadership, team building, environmental sustainability, and legal aid for women, aiming to empower students. Dance, drama and skits were performed by the students to a fun and enriching experience.



World Environment Day:

Students of Pravaham College and Rotaract Club members observed World Environment Day on **June 7th 2025** with a tree planting drive along the road leading to Pravaham. The event was graced by Mr. Vinayagamoorthis, Forest Officer of Punganur RF, and Mr. Sekar, Panchayat President. Students and villagers from Venkatapuram actively participated. Mr. Vinayagamoorthis spoke about protecting the environment by avoiding single-use plastics and planting more trees. The program also featured a short film on plastic pollution, followed by student performances including dances and storytelling that highlighted the importance of environmental care.



Cultural Performance: Pravaham Rotaract club members performed cultural program on the 14th of July, at the installation ceremony of the president and the office bearers of the Rotary Club of Golden city Vellore.



Dental camp on World Oral Health Day:

In Palamathi, a Free Dental Checkup Camp was organized in collaboration with the Rotaract Club of Pravaham, Rotary Club of Vellore Golden City, and the Indian Dental Association. A total of 170 school students received dental checkups, learned about oral hygiene through an engaging awareness session, and were given toothbrushes, toothpaste, and snacks.



78th Independence Day was celebrated on the 15th August 2024. Dr.Ravi Isaac, Associate Professor, Muthurangam Arts College Hoisted the flag and gave a message highlighting the sacrifices made by our national leaders in getting freedom for our nation. He also emphasized on the importance of education for women.

Republic Day: The 76th Republic Day was celebrated with great respect and enthusiasm. The National Flag was hoisted by Mr. Arun Kumar, CSSD, CMC, Vellore, who was the Chief Guest. Students commemorated the nation's freedom fighters and reflected on the values of justice and liberty.



Birthday celebrations are held every month to honor both students and staff, creating a joyful and inclusive atmosphere. For many students, it's a heartwarming first experience of cutting a birthday cake, making the moment truly special. These celebrations not only bring smiles but also help build a sense of belonging and cherished memories.



Founder's Day Celebration: On September 21st, we remembered the founder, Bishop Anandrao Samuel, and the others Dr. Able who joined hands with him in starting Pravaham. Rev.Fr Alosius Irudayam, Mr. Paul Divakar, Mrs. Annie Namala and Mrs. Sonia Gurnamal shared their experiences with the founder and the values of humility, perseverance, faith and love to be upheld by all the inmates of Pravaham

Pravaham celebrated **Women's Day** on March 8th, with women from the neighbouring villages of Venkatapuram. Mrs. J. Nancy, Gender Specialist, Social Welfare Department, spoke on Gender Equality, legal rights and emergency help lines for women. It was a day of empowerment and entertainment which included a free health check-up, interactive games and group activities.



Pravaham community embraces joy and cultural richness through vibrant celebrations throughout the year. Students celebrated **Deepavali festival of Lights** with great enthusiasm by lighting traditional lamps and sparklers, creating a festive and joyful atmosphere. On the 7th of December, the community gathered to celebrate **Christmas** with warmth, music, and togetherness.

Pongal, harvest Festival was also celebrated with traditional rituals, colourful decorations, and cultural activities, allowing students to experience the richness of Tamil heritage and the spirit of gratitude.



Deepavali festival of lights



Pongal Celebration



Christmas Celebration

Stories of Transformation

"Turning insecurity and fear into stability and confidence -Story of Vanitha



Vanitha.K
Class 2023- 24

Vanitha. K is from a village in Myladudurai District, TN. She lost her father when she was young. Family went into lot of debts by getting her older sister married. Her older brother did not want to take up the responsibility of taking care of her and her mother.

They were forced to take shelter in her aunt's house. Despite these challenges, Vanitha completed her 12th grade. Having no means to study higher, she took up a job in a company in Sriperumbathur for a year and also worked in a textile shop. It was hard work and long hours with meagre pay.

She lost all hopes of leading a dignified life. Life was full of misery and struggle. She did not have a house to go to as her mother took up a job as a cook residing at the place of work. Even in her sister's house there was no safety for her. She felt vulnerable and insecure. At this juncture Vanitha's mother heard of Pravaham from her employer. Vanitha joined Pravaham and successfully completed the course.

Today, she works as a Nursing Assistant in Bangalore, a job that has brought security, stability and hope to her life. She is confident that she can take care of her self and her mother. Vanitha is grateful to God for bringing her to Pravaham which not only gave her financial security but also confidence and courage to face the future.



From Dreams to Reality - Thirumala's path to a new Beginning"



Thirumala
Class 2023- 24

"My name is Thirumala, I am 22 years old, from a small village in the Jawadhu Hills. Life here is hard. There is no bus service to my village and I have to walk 4 km just to reach the main road. Despite these challenges, I managed to study up to 12th grade. After that, my father couldn't afford to send me to college in the city. So, I stayed home, helped with farming, and took care of the goats. Many times, I felt hopeless and wished I hadn't been born as a girl in such a rural place. I dreamed of moving to the city and finding work, but it seemed impossible.

My cousin from the next village joined Pravaham Community College, and she encouraged me to join too. At first, I was hesitant.

It had been four years since I discontinued my studies and I didn't have the confidence to go back to school. My cousin completed her course, found a job and started earning right away. I saw her transformation and felt inspired. I finally gathered the

courage and enrolled in the Health Assistant course, in 2023.

I completed the course successfully in 2024. Now, I'm working in Bangalore. I am grateful to God for this chance to study again which changed my life. It has brought me joy and fulfillment, and I now see a future full of possibilities."



"From struggle to strength — Anbarasi's journey is a testament to resilience and hope.



Anbarasi
Class 2023- 24

Anbarasi grew up in an orphanage because her father, who had leprosy, could not care for three children after his wife left the house due to mental illness. Anbarasi was a slow learner and struggled to finish her 10th grade. She found it difficult to keep up with regular studies, so she was brought to Pravaham.

It was a challenge to help her learn vocational skills, but despite being a slow learner, Anbarasi was always cheerful and kind-hearted. With lot of care, encouragement, and counselling, Pravaham helped her finish the course successfully. After completing her training, Pravaham helped her find a job at a reputed Elder Care Home in Bangalore.

Today, Anbarasi is a confident young woman who supports her family. We were moved when she brought gifts for the staff and students and even made a donation to Pravaham from her first salary. Once a slow learner with a difficult past, she is now a confident caregiver, supporting her father and giving back to the place that believed in her.

Her gift to Pravaham speaks volumes — not just of gratitude, but of transformation.



Overcoming setbacks to build a stronger tomorrow.



Tamilselvi
Class 2024-25

Tamilselvi is 25 years old. She was a bright student and after her 12th grade, her parents took loan and helped her to get into a Nursing College. After one year of college, she lost her focus, fell in love with a man who was not educated and both of them got married against parents' wishes. They had two sons. Her husband worked as a stone cutter in a quarry and it was not a permanent job and they faced lot of hardships. Everyday living has become a struggle. The family got into huge debts. Tamilselvi regretted the mistake she made in her life. She dreamed of a bright future for her sons but their future looked bleak to her. She lost all hopes of sending them to an English medium school. In this desperate situation, it is her husband who heard about Pravaham and encouraged her to return to school

and pursue her studies.

Pravaham reignited her passion for learning. Through the support and motivation of teachers and mentors at Pravaham who understood her struggles, she found the strength to continue her education.

Tamilselvi's perspective shifted completely. She now approaches life with hope, knowing that her struggles are not the end, but part of her journey toward a brighter future. Tamilselvi is not only doing well academically, but also learning how to navigate life with resilience, belief in herself and in God. With renewed hope, she now believes in a brighter future for her family and dreams of providing a good education for her sons.



From Grief to Grace: Hema's Journey of Courage, Hope, and New Beginnings at Pravaham



Hema Jyothsna
Class 2024-25

Hema Jyothsna, a student of class 2024-25, comes from a small village near Ongol, in Andhra Pradesh. Life took a sharp turn for her when she lost her father at the age of 15. Soon after, her mother was diagnosed with cancer.

Overwhelmed by sorrow and stress, Hema failed in class 11 and couldn't complete her studies. Her dreams of becoming a Nurse seemed to fade away. But then, a friend of her late father told her about Pravaham, and she took a brave step to join the program. Coming to a different State,

everything felt unfamiliar—language, culture, even the food. But the love and warmth she received from the teachers and community at Pravaham helped her to adjust and grow. She was shy and never came forward to take part in any extracurricular activities. Pravaham helped her to gain confidence by giving her opportunities to take part in social and cultural activities and also to develop leadership qualities.

Hema, now is a confident young woman, full of hope and ready to work and support her mother. She says, ***"I thank God for the confidence, hope and inner strength that I received from Pravaham. Now I believe that I have a good future and I can stand on my own feet."***



II. Community Outreach & Health Initiatives

As part of our curriculum, students actively participate in community outreach programs aimed at raising awareness on health, nutrition, sanitation, and environmental issues.

Medical Camps

Pravaham organizes free medical camp in the 4th week of every month. This program provides vital access to healthcare for villagers who otherwise lack proper medical facilities, ensuring early detection and treatment of common health issues. It brings regular medical attention to elderly and vulnerable populations who often cannot travel long distances for care.

We are grateful to Dr. Pushpa Raj, Dr. Daisy Pushparaj, and Dr. Surekha volunteer their services,

No. of Beneficiaries: 50 to 60



Senior Citizens' Support Program

Improved Physical Health



Increased Dignity and Self-Worth



Pravaham supports 37 senior citizens from Venktapuram village, over the age of 65. Every month, they are brought to Pravaham for a half-day session that includes counselling, physiotherapy exercises, medical check-ups, and fun activities like watching movies and playing indoor game followed by nutritious meals. Nursing tutors and students visit their homes every second week of the month for follow-up. After spending half a day in this nurturing environment, the senior citizens return home feeling rejuvenated, cared for, and emotionally uplifted.

No. of beneficiaries: 37

Enhanced Emotional Well-being



Strengthened Community Ties



Health Awareness Programs

Health and social awareness camps were conducted in villages around Pravaham and in the villages of students. They made a strong impact by raising awareness, providing access to basic health services and empowering communities to take charge of their health. These efforts foster a culture of care and prevention, especially in areas with limited healthcare access.



World Breastfeeding Day August 26th, 2024 at Pullivalam village
No. of Beneficiaries: 37



Cancer Awareness Program on August 26th, 2024, at Kalavai,
No. of Beneficiaries: 71



World Mental Health Day 10th October 2024 Venkatapuram.
No. of Beneficiaries: 44



Social Awareness Program - 12th October 2024, at Ponniamman Koil Venkatapuram
No. of Beneficiaries: 98



CPR techniques and first aid procedures November 30th, 2024
at Shenbagam, Kilmonavoor, and Ambur, No. of Beneficiaries: 192



Diabetes Awareness Program 25th April, 2025, at Gudiyatham



Prevention of dehydration and heatstroke. at Chetteri-
No. of Beneficiaries- 57.



May 17th 2025 at Kilarasampet,
No. of Beneficiaries: 97.



Awareness programs on Dengue, and Typhoid. Pravaah team visited 4 villages in Tiruvannamalai District – Kannamangalam, Polur, Sathanur, Myladumparai on the 23rd May.
No. of Beneficiaries 148

Rural Children's Summer Camp:

A five-day summer camp was organized from May 26th – 30th for children from nearby villages, focusing on holistic development through fun and learning. Daily sessions in Spoken English, Computers, and Maths were conducted in engaging ways, along with craft activities to boost creativity. Short films and puppet shows were used to instill moral values. Sports Day on May 30th saw enthusiastic participation, with prizes and gifts distributed to all. Nutritious meals and snacks were provided daily, creating a joyful and supportive environment for every child.



Volunteer & Visitor Engagement

Pravaham received visits from several volunteers, mentors, and former students during the year 2024-2025, who generously shared their time, wisdom, and experiences with our current students. Notable visits included.



Ms. Susie Dammu and Ms. Prathishta Dammu, wife and daughter of Mr. Dammu Ravi, Secretary, Ministry of External Affairs, Govt. of India, along with Dr. Sunil visited Pravaham, on September 4th, 2024.



Mrs. Ramabai Chacko and Mr. Sushil Adam, well-wishers of Pravaham, visited the campus on the 6th September, 2024 and distributed gifts to the students.

*Former students of Pravaham visited to express their gratitude and share their career advancements in Nursing and Healthcare. Some of them took classes for the present students.
No. of Former Students visited - 16*



Mr. Viswanath, former Rotaract Governor, Dr. S. Aruna, retired Prof. of Gynecology, Visakhapatnam, visited on the 7th November, 2024



Mattresses and pillows for all the student were donated by them



Mr. Aravind Bharathi, Performer and Project Co-ordinator Joyist Club, teaching folk songs on 3rd October 2024



Rev. Dr. Gideon Jebamani, USA, and Dr. John Jayakar, former professor, T.T.S. College, Madurai, visited on the 17th of January and spent time interacting with the students and encouraged them to aim high.



Dr. Mary Ramasamy, from KC Patti, CF Health center on February, 14th.



Mrs. Swarna Rao, former Trustee and benefactor of Pravaham, visited with her family on March 15th.



Mr. Andrea Lacedeli, Production manager, De Rigo Refrigeration, Italy, Visited on May 8th 2025.



Mr. Pugazh.R, Inspector of Police, Thimiri. May 10th 2025.



Col. Amrith Raj and family- 21st June. Mr. Pranesh and Sonali Raj sponsored a special lunch for all the students.



New Staff Housing- Enhancing Lives

Two new staff quarters were inaugurated on February 16th, by Mr. Paul Divakar, founding Trustee of Pravaham. These beautiful cottages were donated by anonymous members of the Gurnamal family, We are truly grateful to Mr. Raju and Sonia Lalwani for their tireless efforts, love and commitment to Pravaham. Ravi and Kumari, after 28 years of loyal service, have moved into one of these new two-bedroom homes, marking a well-deserved upgrade from their previous one-bedroom residence.



Old Staff quarters



New Staff quarters - I



New Staff quarters - II

Pravaham Staff

A Committed Team Supporting the Management

At the heart of Pravaham's mission is a team of committed and passionate staff who work closely with the management to uphold the organization's values and vision. Their continuous efforts to learn, grow, and serve have played a significant role in Pravaham's ongoing impact.



L to R First row -Suganthi Kanagaraj, Selvi Dayalan, Lucy Shyamsundar, Jayashree, Anitha Vijaykumar, Second row: Suguna, Devakumari, Vinitha, Rani.S, P. Kowsalya, Third row: Salomon.Y, Ravi,J, Shyam Sundar, C.Ravi, Gopi

Staff Get-Together – Strengthening Bonds and Shared Purpose

On July 30th, 2025, the staff of Pravaham came together for a meaningful get-together designed to foster unity and renewed commitment to the organization's mission. Rev. Devadoss, Chaplain of Schefflin Institute of Health Sciences, led an inspiring session that encouraged the team to work with dedication, mutual support, and a positive spirit. Following the session, staff members enjoyed a fellowship lunch at a local restaurant — a time of informal connection that strengthened bonds of warmth, friendship, and shared purpose.



Capacity Building of Staff – Investing in Growth and Excellence

Over the past year, our staff members have participated in professional development programs to enhance their skills to serve the community.

- **Workshop on “Care of Older Adults with Critical Illness: A Patient-Centered Approach”** Attended by Mrs. M. Jayashree and Mrs. Selvi Dayalan October 3rd, 2024 – Christian Medical College, Vellore
- **Training of Trainers Program (NSDC)** Attended by Mrs. Selvi Dayalan, June 23rd -24th, 2025 – Conducted by ICRDCE, Chennai
- **Training Program for Food Safety Supervisors** Attended by Mrs. M. Jayashree and Mr. Salomon July 2nd, 2025





Acknowledgements (2024–25)

We now stand at the threshold of Pravaham's 32nd year. Our hearts are filled with gratitude to God Almighty, whose love, guidance, and provision have sustained Pravaham through yet another year of service and transformation.

• *Our heartfelt thanks to -*

- Our Chairman, Fr. Aloysius Irudayam, for his wise counsel and consistent support, and to our dedicated Trustees—Mr. Yaseva, Mrs. Anne Rajkumar, and Mrs. Annie Namala—for their unwavering commitment to Pravaham's mission and vision.
- Our donors, friends, and prayer partners in India and across the world — especially in the USA, UK, Australia, and Hong Kong — whose generosity and belief in our mission inspire us daily. Your kindness brings opportunities and new beginnings for so many.
- Christian Education Fund, Kassel, Germany, and The Global Ministries, USA, for their partnership with Pravaham and for their faithful and continued support towards our Community Education Program.
- Indian Centre for Research and Development of Community Education (ICRDCE), Chennai, for their support, resources, and on-going collaboration in strengthening our Community College program.
- Christian Medical College (CMC), Vellore – to the Director, the Nursing Superintendent, and to the departments of Community Health, Physical Medicine and Rehabilitation, Geriatrics, Emergency Medicine, and Medical Intensive Care for providing training, internships, and essential medical skills to our students.
- Heartfelt thanks to the Rotary Club of Vellore Golden City, for their committed partnership, especially through Rotaract activities and their continued support to Pravaham Community College. Their involvement has brought encouragement, visibility, and meaningful engagement to our students and institution.
- Our service partners who provide vital employment opportunities and hands-on training for our students: Advantage Elder Care, Bangalore, Amazing Love Home for the Aged, Padapai, Bangalore Baptist Hospital, Bangalore, Emmanuel Home, Chennai, Autism Residential Community, Vellore, Dr. Shalini Retirement Care Home, Chennai
- All our volunteers, for your time, expertise, and generosity in equipping our students with life and vocational skills. Dr. Pushparaj, Dr. Daisy Singh, and Dr. V. Surekha for conducting monthly health camps at Pravaham with dedication.
- To all the friends of Pravaham and wellwishers who visited and spent time at Pravaham, encouraging our students and staff — their presence has uplifted and motivated us.
- Mr. John Ravindran, our Chartered Accountant, and his team, for their professional support in auditing, compliance, and ensuring smooth adherence to Income Tax and FCRA guidelines.
- Our heartfelt appreciation to the Pravaham team, whose unity, integrity, and dedication are the driving force behind every successful initiative: Mr. C. Ravi, Mrs. M. Jayashree, Mrs. Selvi Dayalan, Mrs. Anitha Vijaykumar, Mrs. P. Kowsalya, Mr. Salomon Y, Mrs. Suganthi Kanagaraj, Mrs. Devakumari, Mr. Ravi J, Mrs. Rani S. Mr. Gopi, Mrs. Suguna

Pravaham is not just a training center—it is a home, a school of life, and a light for those who feel forgotten by society. We thank God and each one of you for keeping that light burning.



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

Receipts and Payments account for the year ended 31st March 2025

2023-24 Amount in Rs.	Receipts	2024-25 Amount in Rs.	2023-24 Amount in Rs.	Payments	Sch	2024-25 Amount in Rs.
			-	Fridge and Micro Oven		25,500
			-	Projector		51,200
			1,08,000	Airconditioner		-
			62,422	Audio System		-
			1,76,535	Camera		-
			21,210	UPS and Battery		15,499
			5,700	Fan		-
			90,800	Borewell Motor		-
			-	Investment		
			-	Fixed Deposit Invested		6,00,000
			10,267	Loans and Advances:		
			-	TDS Remitted		41,592
			-	Interest Receivable		3,817
			-	Closing Balance		
			1,236	Cash in Hand		785
			75,678	Cash at Bank		53,435
36,65,855	Total	58,89,986	36,65,855	Total		58,89,986

SCHEDULES I TO XII AND NOTES TO ACCOUNTS IN SCHEDULE XIII AND XIV FORM PART OF ACCOUNTS REFERRED TO IN MY REPORT OF EVEN DATE

For J S A S & Associates
Chartered Accountants
(Firm Registration Number: 0148895)

John Ravindran Moses
Partner (Membership Number: 028566)
UDIN: 25028566BMMFA8117



For PRAVAHAM TRUST
[Signature]
MANAGING TRUSTEE.

Place: Chennai
Date: 15-07-2025

PRAVAHAM
Venkatapuram Village, Via Kavanoor, Arcot Taluk, Vellore District - 632 507
FOREIGN CONTRIBUTION ACCOUNT

Receipts and Payments account for the year ended 31st March 2025

2023-24 Amount in Rs.	Receipts	2024-25 Amount in Rs.	2023-24 Amount in Rs.	Payments	Sch	2024-25 Amount in Rs.
	Opening Balance:			I. Community Education Program	I	
64	Cash in Hand	2,855	10,77,450	Skill Training Expenditure		15,93,148
4,30,809	Cash at Bank - SBI New Delhi	1,301	4,43,892	College/Exam Fee, Study Materials/Uniforms		3,20,725
9,04,836	Cash at Bank - SBI Vellore	1,42,561	12,93,274	Food Expenses		14,20,643
			3,39,000	Hostel Expenses		2,16,000
60,46,498	Foreign Contribution Received	78,01,690	3,34,144	Academic Expenses		3,10,323
38,484	Bank Interest	31,723	2,05,902	Staff and Student's Welfare / Benefit		2,75,707
5,650	FD Matured Interest	23,965	3,21,489	Building Maintenance / Renovation/ Electricity & Electrical Maintenance		9,06,462
-	Interest on IT Refund	244	1,61,409	Furniture/Furnishing/Electrical /Equipments		-
	Investment		81,684	Communication, Printing and Stationary		1,10,130
3,02,301	Fixed Deposit Matured	11,43,894	1,43,383	Travel / Conveyance / Fuel Expenses / Maintenance		1,69,727
	Loans and Advances:			II. Community Outreach Program	II	
9,377	TDS Deducted	19,433	92,310	Health and Social Awareness Programmes		1,18,187
	Interest Payable	3,817	1,33,000	Community Organizing Expenditure		1,80,000
	TDS Receivable on Fixed Deposit	6,100	8,41,000	III. Infrastructure Development	III	
			1,45,000	Road in the Campus		14,278
			28,976	IV. Administration Expenses	IV	
			60,348	Staff Salary		1,80,000
			75,068	Communication, Web, Phone, Printing & Postage		40,731
			75,717	Accounting, Auditing & Bank Charges		51,274
			-	Maintenance Expenses		2,28,337
			-	Other Admin Expenses		1,10,234
			-	Property, Plant and Equipment:		
			-	Staff Quarters		9,62,000
			-	Computer		75,520
			-	Printer		18,700
			-	Solar Water Heater		1,75,000
			-	Horticulture Green House		60,000

For PRAVAHAM TRUST
[Signature]
MANAGING TRUSTEE.



Sincere thanks to our Donors

Institutions

Christian Education Fund
Global Ministries
Hastimal Sancheti Memorial Trust
Solankili Logistics Management Private
Stanley Navjeevan Trust

Individual Donors

Mr.Arulappan
Mr.Aruldhas
Ms.Asha George
Ms.Bavithra Baskar
Mrs.Beulah David Chandhiran
Dr.Carol Devamani
Ms.Christie Jaykam
Mr.Christopher Jetty
Mr.D.B.Thomas
Mr.Dayalan Clarke
Mr.Devadoss
Ms.Eunice Selvaraj
Ms.Florance Prem Kumar
Mr.Gideon Nicodemus
Ms.Gita Dawson
Mr.Gollapalli Stephen Swaran
Mr.I.P.P.Prabhakara Rao
Mr.Jayanth Rajaiiah
Mrs. Shanthi Ernest
Mrs. Vivian Churness

Mrs. Cece Zelensky
Mr.Joseph Kemuel
Mrs.Lucy Shyamsundar
Dr.Mammen Chandy
Mr.Manoj Chacko
Ms.Mary Ramasamy
Mr.Paul Asveen
Mrs.Pearl Vincent
Mrs.Pushpa Louis
Mr.Raja Rhenius Peter
Ms.Rita Ruby Albert
Mrs.Rumi Asveen
Mr.Rupert Anne-Ruth Elisabeth Eschen
Mr.Samanth Dawson.E
Mr.Samuel Raj
Mr.Samuel Kundan
Mr.Samuel Mano Ranjan
Ms.Sangeetha Dawson
Dr.Shameen Prashantham
Mrs.Shyam Sheela Rani
Ms.Snobia Kekaula
Mrs.Suguna Kumari Joseph
Mr.Sunil David
Dr.Surekha
Ms.Susan Muthu
Ms.Susan Thomas
Mr.Susil Adam Seelan
Mrs.Vasantha Vijayakumar
Mr.Victor Jayakaran
Ms.Vineeti Vasundhra Louis

Old Students

Akila.M
Anbarasi.A
Anitha.K
Arikha.S
Dharani.R
Gomathi. S
Iswarya.R
Janani
Jayapriya.R
Kalaivani.V
Kalaiyarasi.S
Keerthana..J
Lallu.Y
Madhumitha.S
Meera.S
Megala.R
Monika.P
Nisha.P
Pavithra.C
Pavithra.E
Pavithra.Pa
Pooja.V
Poornima.R
Preetha.R
Priyanka.S
Punitha.S
Rekha.S
Sandhiya.Ma
Sandhiya.Mo
Sandhiya.P
Sandhiya.R
Shalini.I
Sneha.J.S.
Sreeshma.C
Swathi.S
Thamaraiselvi
Thirumala.P
Vanitha.K
Vasanthi.M
Vijaya Shanthi.R
Yamuna.V

Our Partners

2024-2025



Indian Centre for Research and Development of Community Education (ICRDCE)



N · S · D · C
National Skill Development Corporation

Transforming the skill landscape



Christian Counseling Center, Vellore



Christian Medical College, Vellore



AMAZING LOVE HOME



Emmanuel Methodist Home, Chennai.



Dr. Shalini Retirement Care Home



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