

Snehavaani

VOICE OF CHILDREN, SNEHAGRAM, SNEHA CHARITABLE TRUST



Content Inside



- Bangalore Marathon
- Footprints Run
- Fitness Camp
- International Aids Conference
- Farewell to Fr. Teji
- Welcome to Fr. Biju
- Circle Of Life Concert
- Livelihood Training
- Leadership training
- Prathibhima Camp
- Live to Share
- Medical Check- Up
- Ribbon Company

Director's Note



The beauty of life is a concept that can be understood and perceived in many different ways. Some may find beauty in the simple things, like the warmth of the sun on their face or the sound of birds singing.

Others may find beauty in the complexities of the world, such as the intricacies of human relationships or the vastness of the universe. One of the most striking aspects of the beauty of life is its ability to evoke a wide range of emotions. From joy and happiness to sadness and pain, life can be both a source of pleasure and a source of hardship. However, it is the ability to experience the full spectrum of emotions that makes life truly beautiful.

The beauty of life also lies in the connections we make with others. Whether it's the bond between a parent and child, the companionship of a friend, or the love between a couple, the connections we make with others can bring great meaning and purpose to our lives.

In a nutshell, the beauty of life is all around us, it's a combination of many things like nature, emotions, connections and relationships. It's the ability to appreciate and enjoy the good moments and learn from the bad ones. It's the ability to find meaning and purpose in our existence and make the most of our time on this earth.

Fr. Sunil Joseph



Bangalore Marathon

"On October 16th, our 44 well-prepared students participated in the Bengaluru Marathon and successfully completed the 5km run. With the support of good weather and proper rest, they all performed impressively, with the first Snehagram student clocking in at 20.12 minutes. Many students found running partners and kept a good pace, resulting in easy and enjoyable runs. This experience has motivated many to continue running for both physical and mental health benefits. All were proud to receive their finisher medals and return home after a satisfying meal."

My Experience

"Participating in the Bengaluru Marathon was a thrilling experience for me. Being surrounded by so many dedicated and well-trained runners was truly inspiring. I had a great time running alongside my friends on the city streets, and it was wonderful to see all of my fellow students crossing the finish line with impressive timings. We even took some fun group photos to commemorate the occasion. After the run, we were treated to a delicious hot breakfast, and even though I didn't win the lucky draw contest, I was still motivated and ready to participate in more events with the encouragement of our coach."

Ranjan

Thirumal



Footprints 2022

My experience volunteering for the Footprints Run was incredibly positive. I helped prepare Sneha Care Home for the event and assisted with bib distribution, which included organizing bibs and assigning numbers to registered groups. This helped make the registration process run smoothly on the day of the event. The leadership team was clear in their expectations and any issues were quickly resolved. Overall, it was a fulfilling experience to be a part of the event from start to finish.

As a volunteer, my main role was in bib distribution. I was responsible for organizing the bibs for the 5K and 10K runs in numerical order and assigning bib numbers to registered groups to streamline distribution on the day of the event. I collaborated with two other volunteers to complete these tasks in the evening, ensuring a smooth registration process for the next day's volunteers.

On the day of the Footprints Run, I was assigned to the bib distribution station, where I assisted other volunteers. Thanks to the efficient organization of bibs and registration the night before, the distribution process ran smoothly with minimal disruptions. Any issues that arose were promptly and efficiently handled by the leadership team.

Overall, my experience as a volunteer for the Footprints Run 2022 was extremely positive. The leadership team effectively communicated their expectations for the volunteers, which made my role much easier to fulfill. I felt a great sense of accomplishment and fulfillment being able to contribute to the success of the event from start to finish.

Lakshmikanth



Positive Running Program Camp

The Impossible Fellowship's Fitness Training for Runners is a comprehensive program designed to enhance the running skills of select participants. Over the course of two days, the program features a variety of activities related to running, all of which are led by experienced mentors and fellows. 25 participants were selected from four institutions: Snehasadaan in Mangalore, Nava Sanidhya in Bijapur, Dayabhavan in Tumkur, and Christ Girls Home in Kolar. The training is overseen by a professional doctor and certified coaches to ensure the safety and effectiveness of all activities.

I arrived at the training feeling uncertain about what I would be able to learn in just three days. However, the trainer's approach of starting early with simple warm-up stretches put me at ease. Throughout the training, I was introduced to different types of running and related exercises, which were explained in a clear and easy to understand way. I appreciated having time to rest during the day, as the evening sessions were intense and focused on building strength. Initially, I struggled to complete the exercises, but with consistent repetition, I saw marked improvement in my ability. Each of the three days was packed with valuable training and I especially enjoyed the uplifting music that accompanied the workouts. The training not only improved my physical fitness but also boosted my confidence. I left feeling rejuvenated and grateful for the new knowledge and skills I acquired.

Thirumal



Farewell to Fr. Teji

Fr. Teji has played a vital role in our lives. He is not just a teacher, but also a mentor, supporter, and guide. Despite the stress and long hours of his job, Fr. Teji always maintains a kind and understanding demeanor. I am truly grateful to have had the opportunity to learn from someone so admirable. He has set a shining example for us to follow and has inspired us to be better individuals, to always strive for our personal best. His positive energy and leadership keep us motivated and rejuvenated. It was an honor to spend a year with Fr. Teji and experience his unwavering love and kindness. We wish him all the best in his ongoing mission.

Hearty Welcome Fr. Biju

Fr. Teji has played a vital role in our lives. He is not just a teacher, but also a mentor, supporter, and guide. Despite the stress and long hours of his job, Fr. Teji always maintains a kind and understanding demeanor. I am truly grateful to have had the opportunity to learn from someone so admirable. He has set a shining example for us to follow and has inspired us to be better individuals, to always strive for our personal best. His positive energy and leadership keep us motivated and rejuvenated. It was an honor to spend a year with Fr. Teji and experience his unwavering love and kindness. We wish him all the best in his ongoing mission.



International Aids Conference

We were thrilled to have three out of the four abstracts we submitted to the International AIDS Conference accepted for presentation at the conference in Montreal, Canada on July 28th, 2022. This was a tremendous opportunity for us to promote leadership and positive role models among HIV-positive students. It was truly inspiring to see these individuals using their voices to spread a message of hope.

Attending the conference with my friends was a thrilling experience. I was awestruck by the diversity of attendees who had come from all over the world to gather in one place. The inauguration ceremony was particularly memorable, with a lineup of notable speakers delivering thought-provoking speeches. Throughout the conference, I took advantage of the opportunity to attend a variety of sessions that piqued my interest and learn about cutting-edge research projects and their findings. On the second day, I had the chance to connect with many other conference attendees, particularly those from India, and had enlightening conversations about our goals and experiences. It was an honor to represent my community and country at the conference.

Babu



Livelihood Training

On September 1st, 2022, we launched the second batch of our livelihood training program, comprising 37 trainees. The program is designed to last for 10 weeks, with each week focusing on specific skills to empower participants, improve their employability, and enable them to maintain their jobs. The training also emphasizes the importance of healthy living habits, sports, and holistic approaches to wellness. The final two weeks are dedicated to developing interview skills and conducting mock interviews to prepare the trainees for the job market.

I was thrilled to have the opportunity to participate in the Magic Bus training program. This training provided me with a solid foundation in basic English reading, writing, and speaking. As a result, I am now able to communicate in English and read and write basic English. Additionally, I am proud to have learned basic skills in Microsoft Word, Excel, and PowerPoint programs. Being a part of the Snehagram community has been a great experience. The people here are kind, friendly, and energetic. Through my time here, I have learned to be more disciplined and respectful of others, which was modeled by the students at Snehagram. The training was not limited to the classroom, as I also learned through evening sports and garden work. The training provided me not only job-oriented skills but also life-skills. What I loved most about Snehagram was the opportunity to play sports in the evenings, particularly learning a new game, football, which brought me happiness every day.

Pavitra



Circle of Life Concert

Our teacher informed us of a concert in Bangalore where we were to prepare a mime performance. I was thrilled at the opportunity to be a part of the mime but wasn't sure what theme to choose. My group and I approached our teacher for guidance, and together we came up with a theme through brainstorming. Our teacher then took the time to teach us slowly and patiently, and daily face expression exercises were an essential part of our training. The first trial of our performance was not up to our expectations, but our teacher motivated me and encouraged me to keep going. On the day of the concert, I was excited to perform in front of a large audience and saw many students from other schools. Our mime was well-received, and we received a loud applause from the audience. The experience taught me the importance of practice and the exercises we were taught and helped me understand the aims of the Circle of Life concert to bring together those who loved music in memory of Rishi Shet. It brought me immense joy to perform and I was satisfied with the outcome.

Madhu



Prathibhima Camp

A three-day camp was organized for 35 children from various districts of Karnataka at Snehagram, led by the Impossible Fellowship program with support from Fathers, mentors, and staff. The camp focused on sessions and activities to improve counseling, decision making, problem-solving, leadership, emotional management, teamwork, and creative thinking, with fun activities included to enhance the learning experience. Group activities and healthy sports competitions were also organized, resulting in a meaningful and enjoyable camp for all participants.



President Visit

Fr. Bijoy, the President of Sneha Charitable Trust and Provincial of Camillians in India, made an official visit to Snehagram, where he met with the Director and Administrator to plan new initiatives for the betterment of the children. The children were thrilled to have the opportunity to meet him and were delighted to play volleyball together with the Provincial. Fr. Bijoy, known for his kindness and humility, expressed his love and happiness to the children, making the visit a truly memorable experience for all involved.

Live to Share

"The act of giving is truly fulfilling and brings a sense of joy and purpose to our lives. While receiving gifts can be enjoyable, the satisfaction of helping others and making a positive impact is long-lasting and nourishing for the soul. As Mahatma Gandhi said, "The best way to find yourself is to lose yourself in the service of others." Giving allows us to transcend our own limitations and find true joy in the act of selfless service. The Seva Café team embodies this spirit of giving and compassion, as they continue to serve and bring happiness to those around them. They understand that true joy lies in the act of giving without expecting anything in return."

Medical Check up

"Regular check-ups play a crucial role in maintaining good health, as they allow for early detection and prompt treatment of potential health issues. By receiving appropriate health services, screenings, and treatment, we can increase our chances of living a longer, healthier life. During the check-up, the doctors took a comprehensive approach, examining the whole body to identify any potential health issues. The aim was to catch any illnesses early, so that the appropriate treatment could be administered. The doctors also noted that many students were experiencing mild respiratory symptoms due to the changeable weather, which is not uncommon. The students were pleased with the results of the check-up, as they felt that their concerns had been addressed and they received the right treatment. Additionally, the doctors provided valuable advice on how to maintain fitness and well-being. This regular full body check-up not only helped diagnose health issues, but also helped prevent future illnesses and infections."



Ribbon Company

"On October 14th, the Ribbon team visited Snehagram, and we welcomed them with open arms and a refreshing lemon drink on a sunny day. The team had generously donated several fruit saplings, and together, we planted them in the campus. This was a meaningful start to the day as trees symbolize life, growth, wisdom, and prosperity in many cultures. We shared a delicious lunch together and then took the team on a tour of our campus. The students and employees of Ribbon had the opportunity to bond and make lasting memories through playing sports such as football, volleyball, and badminton. Although the day went by quickly, the Ribbon team was sad to leave, but we assured them that they are always welcome to return to Snehagram. Overall, it was a wonderful experience for all involved."

Manoj



Credits

Director Speaks: **Fr. Sunil Joseph MI**
administration: **Fr. Biju Elanjikkal MI**
Writings: **Snehagram students**
Design and Editing: **Babu**

+9448058060 +9449524530 +9385822437

www.snehagram.org

www.facebook.com/snehagram.camillians

snehagram@gmail.com

[snehagram_camillians](https://www.instagram.com/snehagram_camillians)

[Nachikuppam Post, Veppanapalli, Krishnagiri Dist. Tamilnadu. Pin: 635121](#)

