

SNEHA VAANI

Voice of Children, Snehagram, Sneha Charitable Trust

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Director's Note

Each year we look back at our journey and feel overwhelmed ... Not just for the distance we travelled but for the immense support we have had from everyone whom we met, partners, teachers, children, friends, everyone stood by in all the needs, trusted us, in our works, we are always confident in our services as it always benefits the children directly.

With a simple intention to offer meaningful education, a learning environment that encourages excellence, creating a training place for enhancing one skill and advancing the abilities, creating peer lead model for positive impact on the personal and professional life. Creating a home away from home to help continuous endeavor to be humane, and of successes and failures.

Seeing these children reminds me on Life is really wonderful. It's a whole new experience of wonder, happiness, sorrow, fear, love, and anxiety. Life is beautiful. There is no other way to say it. It's amazing, wonderful, and miraculous. Each day is a gift, and we should take advantage of every moment. There are so many things to enjoy in life: nature, loved ones, friends, music...the list goes on and on. We should savor every experience, good or bad because it all makes us who we are. As it is well quoted "Because of your smile, you make life more beautiful." Let these smiles of children bring beauty to many more lives.

Fr. Sunil Joseph MI
Director, Snehagram

Picnic to Mangomist



Picnics are one of the most exciting things that is enjoyed by all students. It helps us to take a diversion from our day-to-day activities and adds a touch of variety to our lives. Moreover, a picnic can take us to another world that is different from the one we live in. It adds charm to our life and having a more relaxed time together as a team is really refreshing and brings pleasant feelings.



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Pratibhimba Camp

From the 10th to the 13th of June 2022, we conducted the Pratibhimba camp at Snehagram with the KNP+ students. The Pratibhimba camp was especially unique because it was led with and by the Snehagram students. At this 3-day camp, I had the opportunity to build and learn many values and skills. This camp also provided us with an opportunity to create new friends and build new relationships with the KNP+ students. The camp had begun with a speech by the Director of Snehagram, Fr. Teji, and then with that, we started.

It was filled with lots of fun and enjoyment. Each activity and session were new and exciting for all of us. In this camp, I also learned more about the different types of problems that HIV-positive youth face in today's world. This camp was also memorable to me because this was my first camp where I had joined the other students. I knew I had to do my best to make this a special one. This camp gave me an opportunity to be one among them and so I am very thankful to all those who organized it.

Ramu



Advocacy Meeting



On 21st August 2022 Snehasparrsh – HIV Care Initiative – project in Collaboration with KNP+ and John Hopkins University, organized an advocacy meeting. The youth from Bangalore, Dharwad, Bidar, Gulbarga and Vijayapura participated along with organizations that are working in the region for more than 10 years. We all have realized that as children enter adulthood, their challenges are different and the choices are few, we observe that young adults are often pushed into situations that make them more vulnerable to the conditions they are in. The key objective of the meeting was to reflect on and strengthen our partnership to address the concerns of adolescents and Youth.

Here for us was an opportunity to come together, listen to some of them, share their experiences and find a pathway wherein they can live a sustainable and healthy life. The panel discussion was the most engaging session, students and the leaders from the organization had a great opportunity to interact and understand the needs of HIV youth. It was inspiring and genuine. Our youth shared their painful journey and expressed their concerns about getting educated, securing jobs, healthy living, emotional needs, training, and exposure to different environment for their individual growth.

Sudeep



Fitness Training For Runners

I love running from a very young age, I had participated few runs at the school level. The moment I learned that there is an opportunity to get trained. I was so eager to join the three days training. The first as expected was mostly orientation and introductions sessions. The second was very exciting with so much of new classes on various running-related topics and it was amazing to learn the different types of running, I was shocked to know there are so many variations in running itself. Every theory session was followed by a practical session too.



This was really a good way as I still remember each session by heart. The interaction with the other trainees was very unique and special, I was very glad to meet everyone and learn from each other. The most loved part was trekking to the hill, there was so much fun and entertainment, we all jumped into the pond on the hill, the water was really cool and the land slippery. This was indeed a joyous moment for me and for every trainee. This training has brought the confidence that the harder we work the more we grow successfully. I am glad to receive such an opportunity to train myself and help other children in my institution.

Nirmala

International Aids Conference

AIDS 2022, the 24th International AIDS Conference, called on the world to come together to re-engage and follow the science. It sought to define future research agendas, shift the latest evidence to action, and chart a new consensus on overcoming the HIV epidemic as a threat to public health and individual well-being.



Four abstracts were submitted to the conference: 1) The impact of a structured physical activity program on health outcomes amongst children and adolescents living with HIV in South India 2) Learn for life: Enhancing lives of Children living with HIV 3) HIV- Positive Widow headed household: A peer-led program in Southern India 4) Empowering HIV-positive adolescents with education, 'Of the youth, by the youth, for the youth': a peer-led model for building resilience among youth living with HIV during the COVID-19 pandemic.

We were very excited to have three of our abstracts selected to be presented at the conference in Montreal, Canada on July 28th, 2022. We saw this as an opportunity that would build leaders and role models, it is amazing to see HIV- positive students standing out and using their voices to spread the message of hope.

Babu



Andhanaya

In the last two years, though we had planned for Ananda Yana, we had to cancel the event due to the pandemic. The event usually raises funds for nutritional needs and running shoes for children from oppressive backgrounds who trained with us. It was amazing to get back on the track. It has been a great motivation for many of the children to participate in the 5K and 10K events.



The run was on June 5th, 2022, in Bengaluru. I was selected as a volunteer at one of the water stations, but Babu Sir asked all the seniors and myself to come one day before the run because there were some arrangements that still needed to be done for the run. Once I reached there, I relaxed, freshened up and went for a walk to my old school. The day of the run, I got up early and got ready to volunteer at the water station. I really enjoyed being a volunteer because I had a lot of fun with others who were with me. After the run, I came to have my breakfast. It was a nice experience for me because it was my first-time volunteering for a marathon.

Amar

TFI group at Snehagram

A 10-member team from Teach for India, visited Sneha Charitable Trust, Snehagram site, from Mumbai, to understand our Peer Leadership Program. Sneha Charitable Trust, through its commitment and dedication has built partnerships with organizations across the state of Karnataka and works closely with these institutions to continue to impact the lives of the children, adolescents and youth living with HIV to be able to build meaningful, sustainable, and healthy lives.



Understanding Peer Leadership: The key activities envisaged build on the concept of ownership of the adolescents and youth infected with HIV through training, networking, and social mobilization. Through this program, we empower our beneficiaries through effective engagement in the activities, while also strengthening partnerships. Each of the peer leaders works closely with a group of at least 60 beneficiaries, who are enlisted based on the registered ART center. They also link beneficiaries to counselors either through direct face-to-face contact or tele-counseling. The peer-leaders work within the HUBs, guided by mentors, to lead the activities that effectively reach out to the youth.

Lakshmikanth

Climb to top

There are many reasons why we like trekking. It makes us happy to the extent that some of making the decision to trek regularly. For some, it is for inner peace or to better connect with the basic elements of nature (air, water, earth, fire). In urban life, we are deprived of a sense of belonging to these elements in their most primal forms. The trek brings us this happiness quotient that opens our minds and increases our excitement for the next trek.

Gangamma



Feast of St. Camillus

Camillus de Lellis, M.I., was a Roman Catholic priest from Italy who founded the Camillians, a religious order dedicated to the care of the sick. This day was blessed with the presence of many religious fathers and sisters. Together we gathered to celebrate the feast and shared joy through songs, dances and a delicious meal.

Sridhar



Feast of Fr. Sunil

Rev Fr. Sunil with "Holy Spirit's gift of fortitude," and full of hope, is able to accept life as it is and do everything for the betterment of the children. He always accepts and welcomes others as they are without exception and shows special concern for the weak. We pray that God gives meaning to every event, whether happy or sad and blesses his life with joy and love. It was a privilege to celebrate the feast of Fr. Sunil.

Rahul



Parliament Election

Every year the Snehagram Parliament election is conducted, and all the children vote for candidates to serve in leadership positions for the upcoming year. This year, Chandru was elected as Prime Minister of Snehagram and Gangamma was elected as the Deputy Prime Minister. They both formed their cabinet and took an oath to perform their responsibilities and duties to the best of their abilities with pride, leadership, and integrity. Together, this team takes care most of the responsibilities related to Academics, home and law, cultural, sports and environment [SS1] across Snehagram campus to give more time for the staff to focus on the administrative works.

Ranjan



Run for yourself transform the world

“Be the change that you wish to see in the world.” These words spoken by Mahatma Gandhi, arguably one of the greatest change masters that ever lived, should be taken to heart. Everyone thinks of changing the world, but no one thinks of changing themselves. Changing the world does not happen overnight, but it won't happen by not making an effort either. The time to act is now, and our role is just as important as the next person's.



We just can't wake up one morning and change the world. We need to take one small step at a time. At times we even think that life is eternally a contest between the world changing you or you changing the world. The Footprints Run was organized with the objective of transforming the lives of many vulnerable children. This run will be a way to reach out to as many and spread the message of hope.

Ambika

Bangalore Challenge Run

When I heard there is a run on July 24, I was very excited. It has been a very long time that I have been to a marathon, so I decided to go for the 10 km. Unfortunately, my Coach, Babu Sir, said that I was not trained to run the 10km, so I could not go for the 10 km run. So, I started practicing for the 5k run that was being held in Bengaluru. I felt I was a lucky person to be selected for the run. Finally, the time for the run came. The day before the run I travelled from Snehagram to Bengaluru.



On the day of the run, I started with doing my warm-up. I really enjoyed doing the warm-up that was like a dance. The run started with good weather which supported my running. The road was up and down, and I was able to defeat many people. It was easy to run the first 2.5 km. While coming back it was easy, but the road was like a slope, and I felt like I was falling down on the road. I finished my run with a good timing, I felt that my running had improved since last time. After the run, I had an appetizing breakfast and especially enjoyed drinking coffee with my friends.

Thirumal

Positive Running Program Camp

I came here with a lot of confusion and wasn't very clear if I would learn everything within three days. The trainer asked to be on at 6.00 am on the ground, I was happy as I made it in time on the first day. Simple warm stretches were introduced, and it was fairly easy to do. Later on, we explained the types of running and related sessions followed up. I was so happy to get time to sleep in the noon, but later on, realized the reason behind the rest because the following evening session was very intensive with different strength exercises.



I barely was able to complete any, initially but with the repetition, I saw the progress. All three days had been really worthwhile it with amazing session and training; I loved the music that was played while doing the workouts. Believe me, it is amazing to sleep after the workout as the whole body is relaxed and you are rejuvenated. I went with confusion but return with lot of confidence and new learnings. **Prashanth**

Footprints 2022

I was eager to run the 10km at the Footprints run. The run was organized by Snehagram with the help of the Rishi Children's Trust. I had started preparing myself since it had been announced a month before. I trained myself for the 10km and found it difficult to stay motivated for training. After a month of training, I felt ready to run. The day before the run I was thrilled to be able to run the next day. On the day of the run, I warmed up and then began running the 10 kilometers.



The first 1 kilometer was very tough, and I felt very tired, but I still had the energy in me to keep running. People around me kept encouraging me to not give up and continue. As I kept going, I started running with more speed and I reached the first couple of water stations, but there were not as many people there to cheer. However, by running alone I was able to keep my mind fresh and finished the 10km run to many cheers. I received a cap for completing the run and then quickly went to fill my stomach since I was very hungry after running. After eating, I met with my friends, and we all enjoyed watching the cultural program together. I felt very enthusiastic throughout the Footprints Run.

Manoj

Sing out aloud

Earlier in the week it was announced that Teacher Maya and her students were coming to Snehagram on Sunday. I was a little disappointed that they were coming on Sunday, since it is typically a relaxing and entertaining day. When Teacher Maya and her students came, we started with introducing ourselves and then her students did the same, I learned a lot of different people's names at that time. Teacher Maya's students then helped to teach us the basics of singing and were very supportive when we started practicing the song together.



I was shocked that they were not shy to interact with us and spoke with us happily. They had a lot of confidence in coming forward to sing. I was a little nervous to do the same since I didn't know the lyrics to the song yet. They encouraged us to dance, and we joined them, it was interesting to see and learn their different dance steps. After practice, it was time for our lunch break. After our lunch break, we had planned to play, but we saw that it was raining which made us think that we would not be able to. Then unexpectedly the rain stopped, and we were able to play football together outside. After playing outside, I thought about how we could keep in contact with Teacher Maya's students, and I had the idea of using Gmail to chat with them. Teacher Maya's students were very kind and humble to us and made my Sunday relaxing and entertaining!

Srinitha

Independence Day

It was first announced that as leaders we should begin to plan for Independence Day. I was very happy to see the long list of games that had been prepared, but also thought how it might be hard to win since the other team was also very competitive.

On Independence Day, we started with Holy Mass and celebrated the feast of Mother Mary. We all prayed for our nation and its leaders so they may lead and take the right decisions for our country. Soon after mass, we had the flag hoisting ceremony and then moved to the dining hall for breakfast. Following breakfast, we began with the competition that we had planned with some of the mentors. Before starting, the mentors decided the teams' names, which were Team Monsters and Team Rockers, then the competition began with which team could make the best slogan. Team Monsters won for the best slogan, and so the Independence Day

Sathish





Snehavaani
Voice of Children

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