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SNEHAVAANI

Voice of Children, Snehagram, Sneha Charitable Trust



Director's Note



The plants and flowers add beauty to nature likewise the children bring life to the Campus. The fun of Children's day and the lights of Diwali brought smiles to the faces of children. Why smiles? Because they become very creative on such occasions. Creating art expands a child's ability to interact with the world around them, and provides a new set of skills for self-expression and communication. Not only does art help to develop the right side of the brain, but it also cultivates important skills that benefit a child's development. (MaryAnn F. Kohl)

We are really glad that MAP, Bangalore, has initiated to introduce and teach ART to our children at Snehagram. ART is very familiar to all of us because everyone consumes it daily without fail and we want to achieve a hundred percent adherence to the same for healthy living. Hai dear Children, we along with MAP try to introduce you to 'ART' that develop life skills, social and emotional skills, fine motor skills, self-expression, and much more. Let's encourage each other and bring up the artists in you and me.

The most influential person of history for me is Jesus, and when I scanned through him, a great artist, who never used canvas for art. "Parables were Jesus' Canvas for painting/art". He was questioned by an expert in the law: who is my neighbor? His answer was the parable of 'Good Samaritan' and it carried a double punch. Let's be creative artists who will draw our life each and every moment to inspire my neighbor.

Fr. Teji Thomas

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Arts and Crafts Class

The arts teach us to appreciate beauty, embrace new perspectives, foster empathy, challenge the status quo, and think critically, deeply, and laterally. Harnessing this potential of the arts, the Museum of Art & Photography (MAP) Bangalore will facilitate a journey of creative learning and exploration for the young students living at Snehagram. The program will introduce

participants to multiple ways of looking at and engaging with art, with each session exploring a selected theme or artist from MAP's collection that ranges across genres of painting, sculpture, photography, textile, and more.



This year-long project is broken up into twelve modules and will cater to learners aged 15 -19 at Snehagram. As agreed MAP will conduct two sessions each month (twenty-four sessions in total) in order to accommodate the strength of 42 odd students from grades 10 and 12, with each session including around 20-22 participants. The MAP educators facilitating are Shilpa Vijayakrishnan and Shubhasree Purkayastha.

“Art speaks where words are unable to explain”. It was

a privilege to have Ms. Kamini and her team who came forward to take sessions on arts twice a month. It has now been 3 months since the students have been attending the sessions. The response has been very positive from the student's side. Some of the students are not very good in academics but their talents and interest are shown in arts. It has also been an encouragement for many such students as they can explore career options associated with Arts and crafts. The students are working hard and hardly anyone wants to miss the sessions.

Srinitha

Eye Test Conducted

As the eyes are one of the most important parts of our body it needs to be looked after well. On September 24, 2021, we had an eye camp conducted by the Dr. Agarwal hospital from Krishnagiri. Everyone in Snehagram underwent the check-up and most of the student's eye functioning was normal but few had issues that had to be addressed. All the students identified as having trouble with their eyes have been promised the right eyeglasses as that would help them in their daily life.

We wish to thank the Agarwal hospital team for their goodwill towards Snehagram. It was an amazing effort because regular eye check-up is expensive and getting this done for free was a blessing.

Anjali



Immersing Rains Make a Comeback



Monsoon this time around Snehagram was different, for nearly 3 weeks it had been always cloudy with light showers. It indeed disturbed our routine activities as it was always drizzling and making it hard to get out and do any activity. The students looked forward to heavy rains but were disappointed as the clouds didn't pour down. However, as the day passed by the rains escalated and in the third week of November it came down in buckets. The rainwater began to flow gently towards the low-lying areas. The amount and speed of the water flow increased and the pond for the first time

after 4 years was full again. The inundated pond flew towards the near well as we prepared drains, and to our surprise the well brimmed over too. It was such a joy seeing our ponds and land filled with water. It was the same story around the villages near Snehagram. Few of the lakes for the first time after 25 years were full again with abundant water, the eyes couldn't believe the scene of water flowing everywhere through the drainages, fields, and roads. At the same time, the torrential rains had adverse effects on farming as many fields were flooded.

Sachin P

Gandhi Jayanthi

We celebrated Gandhi Jayanti reminding ourselves of the hard works of our Father of the Nation. We spent time cleaning in and around Snehagram. It was very interesting to see as some of the children dressed up themselves as freedom fighters. One among them was Mathama Gandhi and everyone loved to pause for a picture and it was a day of learning some thought-provoking lessons from the life of Gandhi.

Ramu



NDTV-News Channel Interviews Snehagram Students

October 3rd, 2021, was a special day for the Snehagram. NDTV news channel and their team members arrived for an interview. Mrs. Maya Sharma one of the senior reporters in NDTV was part of the team with two of her colleagues. There was widespread excitement about the interview among the students. The elated students had a feeling of wonder and awe when they were told that they would be able to see the Bollywood superstar Amitabh Bachan online. The interview discussed sports and the related activities and how they help us fight HIV infection as well as maintain our fitness and wellbeing.

The interview communicated the message to society that HIV cannot stop us and sports can be the best medium to express ourselves. Dileep Jairam who was the Chief Operating Officer at Procam International and also conducted various marathons across the country was as well present. Ms. Tanuja one of our well-wishers had also joined us in the training program. Snehagram appreciate and acknowledge the efforts of Mr. Elvis Joseph the founder of BSSF who made this interview possible. It was a great day filled with excitement and joy.

Soundarya

Exposure Visit

Brothers from Upasana community visited Snehagram and stayed for one week undergoing their Pastoral Care session guided by Rev. Fr. Mathew. They did also find time to spend together with the Snehagram students, especially in the games and manual work. It was a learning experience for both the students and the brothers. The interaction between brothers and students helped in many ways as one of the brothers mentioned that the whole experience was truly touching. Some sharing and listening moved each other and paved a path for more understanding and learning.

Mallava



Month of Mother Mary Observed



Prayer helps us calm down and generate a feeling of peace and joy within ourselves. October being the month of the rosary, the Snehagram family devoted 10 days especially to Mother Mary praying and celebrating the Holy Rosary. Students divided teams among themselves for each day and everyone together participated in the prayer. In the final days, the brothers from Upasana community also joined us in the celebration. We prayed every day surrendering all our needs and the needs of the world. These were special days of blessing.

Chaitra

The Pursuit of Perseverance

We don't know the reason but we never get tired of adventuring in the near mountains. Every time we get there, we have something new to see and enjoy. This time it was a unique experience as the rains poured down while going to the mountain and on the way we thought of returning home but we soldiered on till we reached the top of the mountain. Despite the sloppy and slippery paths, we persevered our trekking meanwhile few of us had frequent falls. As we reached the top of the mountain it was a feast to our eyes as the view was gorgeous. Most of us began to scatter around climbing rocks, taking snaps, and resting in the breezy atmosphere. It was a great day filled with wonder and fun.



Vijay

Education a Weapon to Enlightenment

Nelson Mandela has rightly said that 'Education is the most powerful weapon which you can use to change the world.' Yes, education is the key to eliminating all problems. If you want to grow and be successful then you need to be educated!

Education provides us the tools to improve the quality of life in modern society both economically and sociologically. Education is power and no one can ever deny this fact. Education has the power to change your entire life.

Starting from promoting gender equality to reducing poverty, it is one gesture in which we receive information and give systematic instructions in return. So, in order to be successful, we all need education.

Manoj

Children's Day Celebration



“Every child is different kind of flower and altogether makes this world a beautiful garden”

Children's day is very special to each child as it brings them joy and it fills them with excitement. In the midst of the exams, the children in Snehagram wondered if they would be celebrating this special day. The day started with prayers and thanksgiving as one family. It followed fun-filled activities and some of them were such as drawing, essay, poem, and story writing on the topic of COVID-19. The best efforts were appreciated

and rewarded. The group activities thereafter were some of the most loved games like: know your number, coin in the bucket, coin in the power and dance competition. There was a healthy competition between the teams and finally, the team named Rudra won the competition. In the evening we had Cricket Match, which was a family game where all gathered together and took pleasure playing and watching the game. As we drew close to the day, we were grateful for the wonderful day with lots of beautiful moments and memories to cherish.

Sahana

Festival of Lights

Diwali is a festival of lights and one of the major festivals in the country. The festival usually lasts five days and is celebrated during the Hindu lunisolar month Kartika. We always celebrate this beautiful festival in Snehagram. I was so excited this year to celebrate Diwali. I was really happy when I heard that Obbattu (obbattu is an Indian sweet flatbread that originates from Gujarat, Maharashtra, and southern India) was part of the dishes as it is one of my favorites. I love the display of fireworks though I always dread lighting them. It was disappointing to hear that Snehagram does not promote fireworks as it can create pollution. I learned that staying away from fireworks will surely save the environment and me and the future generation. I took delight in looking at the campus and the surroundings as they were beautifully lit with different lights. We photographed lovely images. It was a short but sweet celebration.

Nirmala



Visit of Dr. Anitha & Dr. Arun



November 9th and 10th all the fellows and mentors of the fellowship program were here at Snehagram, it was a special meeting with our benefactors and supporters, as they were here to evaluate and support the “I’m possible” fellowship. We had Dr. Anitha, Dr. Arun, Dr. Astha Khan from John Hopkins, and Ms. Paromita a photographer who was interested in the stories of the children. The meeting focused on the four important topics such as health, education, livelihood, and sports. The meeting started off in a symbolic fashion by watering the plant which was followed by a small prayer led by Fr. Teji director of Snehagram. Thereafter each of the mentors explained their roles and the different trainings that they went through. The fellows shared their experiences during their placements and their roles at the institutions. The question and answer session did enlighten and educate many of us and the doctors appreciated the efforts of the mentors and fellows. The doctors met a few of the mentors and fellows and there was a meaningful interaction between them. We were happy that the feedback we received was positive. This will help us reach out to many infected and affected children and support them in their health, education, and livelihood. 75 clients have been entrusted to us and we have to follow them every month. Another task in our hands was to select 25 leaders among the 75 clients and they would be given three clients whom they have to follow every month based on the aspects of health, education, and livelihood. This is one of the best peer-to-peer models that would help in reaching out to many and help them to lead healthy and happy life.

Suhas

My Exam Stress Story

On October 25th, I received the information that our semester exams would be held on 22nd November. As soon as I heard the news, I started to prepare for the exams.

Some of the subjects were quite easy because I had paid enough attention in the class while the teachers were taking the class. In the beginning, it was difficult for me to concentrate because I was worried about my exams. I was also scared of failing in a few subjects. I found it very hard to wake up early morning and to stay longer in the night but I persevered. I had mixed feelings regarding the exams though.

Meghana



Semester Exams



I entered the exam hall with confidence and as I sat in my chair my hands started sweating and I kept drying them but it never stopped. I wondered how hard the questions would be, while I was waiting for the question paper. On receiving the question paper, I scanned through all the questions and I felt relieved. The questions were not as hard as I expected. I started answering them though I had a few hiccups in between with a few of the questions. As the invigilator

announced that there is only one hour, my heart started palpitating and in the last 30 minutes, I completed answering them all. I was very relaxed as I moved out of the exam hall. As I have completed all my exams, I look forward to my result.

Akash

Towards an Eco-Friendly Snehagram

The rains had turned the lifeless lands into lush and productive. We planted more fruit-bearing trees and forest trees which would turn our campus into cleaner and greener. It was exciting to work in the slushy mud though the occasional drizzles bothered us. Every plant adds beauty to the land and the campus. We are proud to say that we are also part of nurturing nature with beautiful plants and trees and making our part of the world more nature friendly.

Arun



Snehasparsh Meetup Arranged

The Snehasparsh meetup was organized on 21st November 2021. The main objective of the meeting was to gather all the students who were in Snehagram and are currently engaged in different jobs. There were 20 of them who joined for the meeting. Some of them could

not



join due to their work schedules. The meeting started with a prayer followed by ice-breaking sessions. Discussions and sharing followed next on the adherence and COVID-19. It was very informative to learn the difficulties that people faced during the pandemic primarily to getting their medicines. Few of the challenges raised in the discussion were addressed by the



peers with the help of Dr. Michael and Fr. Joy. The meeting decided to organize a regular health checkup in order to make sure if any health-related issues need to be given priority at the earliest.

For all those who had issues, medicines were prescribed and there would be strict follow-up. The fitness issue was also addressed; many of the students who were very active in sports and maintaining fitness had now lost it completely

due to the pressures of the work and other tasks. A short 10 minutes fitness workout was designed with the help of Ms. Devika. We wrapped up the meeting with the lunch. All the participants were excited about the next meetup.

Ambika

Health is Wealth

Health is wealth because without it no one would be able to work productively. In order to generate income, one has to work and that cannot be done if he or she is not healthy enough. Therefore, health is very necessary for all of us and so the saying that Health is wealth is truly paramount in our lives. Parents need to teach their children about physical health and healthy habits from an early age. Control in food habits, daily exercise, and work-life balance can make a difference to our health. As I wind up I consider it is fitting to say that good health has to be one of the most important priorities in our life so we can say that the Greatest Wealth is Health.



Prakash



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