



# BLESSED CHRISTMAS

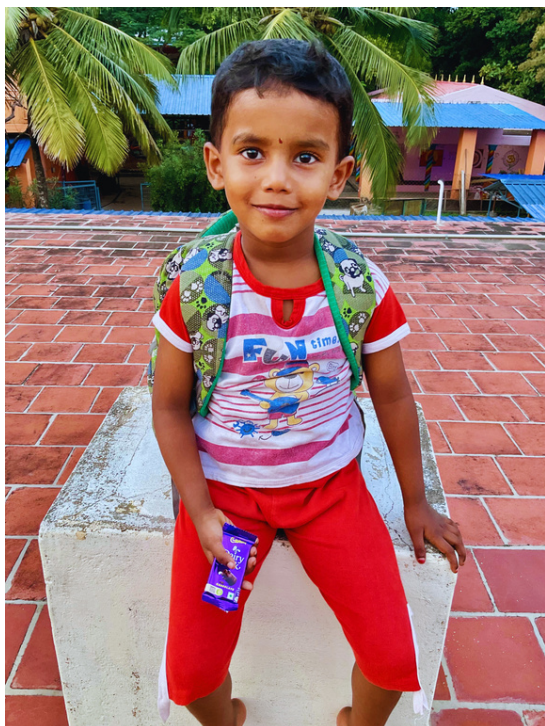
And a Peaceful, Healthy, and Safe New Year  
2024!

# DEAR FRIENDS OF THE AUM PRANAVASHRAM,

First, I hope all is well at your end in these turbulent times! I was busy trying to write a full-fledged Newsletter covering the past months since our last Newsletter in March 2023, but time flew, and incidences started overturning.

With more than 70 Aum Pranavashram Family Members, 98 animals (cows and dogs), and external charity projects, there is very little time left for anything but focusing on the work at hand.

The following pages represent a tiny glimpse of the current situation at the ashram and some photos of the children and elders.



Our youngest girl, Ihasri, goes to kindergarten. She looks forward to June 2024, when she will finally be admitted into First Standard at the Elementary School in nearby Ilanji. She is very excited about books, learning new things, and 'chilling' with older girls. She did not want to remove the school bag from her shoulders because she was so hurried to go to her studies to finish her homework!



Muthulakshmi.  
She is an excellent student in the fourth class. She is a little shy in front of the camera; off-camera, she is very playful; she is a very charming child who loves school, her friends, and the ashram.



Petchiammal is an extraordinarily active and playful child. Books and letters or numbers are not the main things in the world for her. She is more interested in games and stories. She also likes Yoga a lot.



Dhanshika (left) and Nageshwari are in the fifth grade of elementary school. Dhanshika is an all-rounder. She is good at learning, creative work, drawing and coloring, Yoga, and dance. Nageshwari woke up from her princess slumber last year. Since then, she has been quite active and sound in her studies. She likes to spend her energy on anything but cleaning the rooms and study halls :)



From left: Sudali Kumari, Esakkiammal, Kavisri. Sudali is Nageshwari's older sister. She puts a lot of effort into her studies; similar to her sister, she also had an awakening moment last year. Since then, she has been more involved in school activities and is more confident in reading, learning, yoga exercises, and games. She is a sensitive girl with a kind and soft heart.

Esakkiammal (middle) is also in the 8th class like the other two girls. Muthulakshmi is her younger sister. Esakkiammal's development from a rejecting and rough type towards a more talkative, open, and caring nature has been a heartwarming experience for us.

Kavisri is a quiet, amiable, and helpful girl. She likes her studies and taking care of her younger sister, Petchiammal.



Left side: Yashoda @ Esakkiammal is in 10th standard. She is intelligent, courageous, and outspoken.

Right side: Indu Meenakshi is in the 11th class of Higher Secondary School. She is slowly transforming into a beautiful butterfly!





All the girls in the photo above attend 12th standard in their respective class sections.

In the front row, from left: Sathya, Poomari, Mathu Priya, Mathu Bala;

In the row behind, from left: Sudha, Krishnaveni, Vinotha, Matheshwari, S. Kavya.

Mathu Bala's section is "Deep Tamil" with History and Geography; Matheshwari chose the Maths-Computer Science-Biology group; all others chose Economics and



Accountancy. All the girls will go to college next academic year, which is a big challenge for us as their sponsors. However, we are happy to do our best for them and are confident that all will go well. The group photo above shows all of us with three guests from Germany, i.e., Heide on the right side, Ingrid sitting in front, and Renate from Austria standing in the last row.





From left:  
Velmurugan (10th class), Nithish (9th class), Sriram and Purushotthaman (both 8th class).

Our boys have changed schools since June 2023 to improve their school education in general. After initial difficulties, they all settled down wonderfully in their new schools and regained their focus and interest in studies. We support them in whatever way possible. They live in boys' hostels attached to their schools; we see them whenever they get school leave. It is a great joy for us to see them thrive in education.

All young men who have grown up here in our fold and care and whose vocational training we have supported in the past few years have settled down in their jobs and are happy and satisfied with their lives. 🙌👍

Now about the college girls (and those who have finished it):



Kowsalya (left) completed her three-year college education earlier this year and began yoga teacher training on the 1st of August, 2023. She obtained sponsorship from the yoga institute and was invited to volunteer at the ashram for a year. She is delighted with the multi-faceted work and the general training, allowing her to imbibe essential lessons for life.



Esakkiammal (on the left side) and Subbulakshmi completed their school education in April 2023. Esakkiammal chose a four-year college course in General Nursing, while Subbulakshmi is now training at the locally famed Aurobindo Eye-Care Hospital in Tirunelveli as a particular nurse for general eye care/surgeries/general assistant at the hospital.

Since all the college girls live in their respective college hostels, I do not have recent pictures of them. I will remember this when we can spend a few days together again next time!



The girls above are now in the process of completing their first college year. From left: Yamuna (Ihasri's older sister), Chitra, P. Esakkiammal, Prabha, Induja.

Chitra (second left) studies 'Information Technology', while the other four students are happy with 'Computer Application' in the Parashakthi College for Women in Tirunelveli.

On the right side is the picture of Kavya, also finishing her first year at a college in Thiruppur as a Medical Lab Technician.





In the past few months, we have lost four women (whose pictures are not uploaded) to their respective diseases 😞. All other elderly residents try to keep themselves healthy and happy as much as possible. It is always good for them to have contact with the children, staff members, volunteers, and animals because it keeps their minds fresh and active.

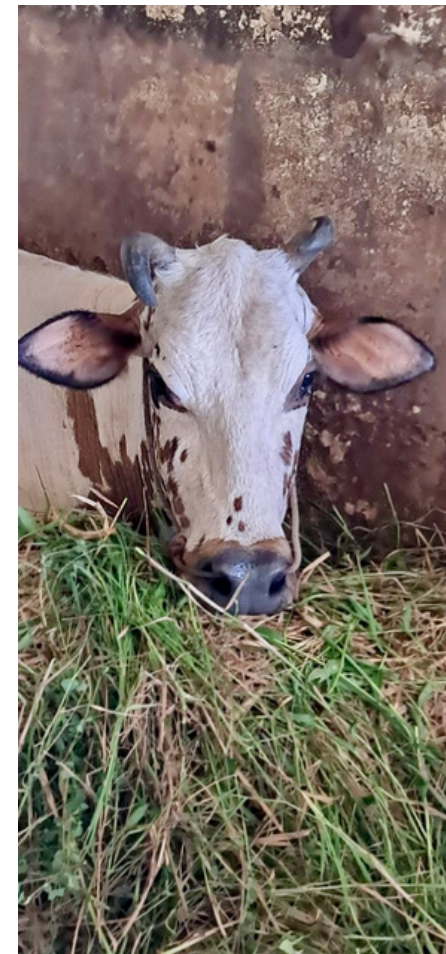
## Goshala - Cows



We take care of 90 cows (without slaughter) and eight dogs. Accidents, diseases, and health problems occur regularly, but we try our best to keep them safe and healthy.

A few days ago, a cow who had already become weak due to a problematic delivery broke a leg. All hands of the staff members in the cowshed are in service to help her recover from this accident and make her walk again. Healing takes time and requires much effort and readiness on the part of the cow tenders.

Whether it's man or animal, love, care, compassion, and empathy are essential for recovering from diseases and accidents.



# Charity Projects

The emphasis of the past months' major charity activities were

- continuous distribution of food parcels in areas of poverty (minimum 100 parcels, maximum 1000),
- And a construction project comprising building toilets for girls in the school where our high school girls attend classes.

All our work over the past 27 years for those parts of society who do not have a voice to raise their concerns or announce their needs was possible because of our supporters and donors.

Your support is the foundation for

- The education and development of all the children who could grow up in a safe and caring place and receive not only schooling but also vocational / college support



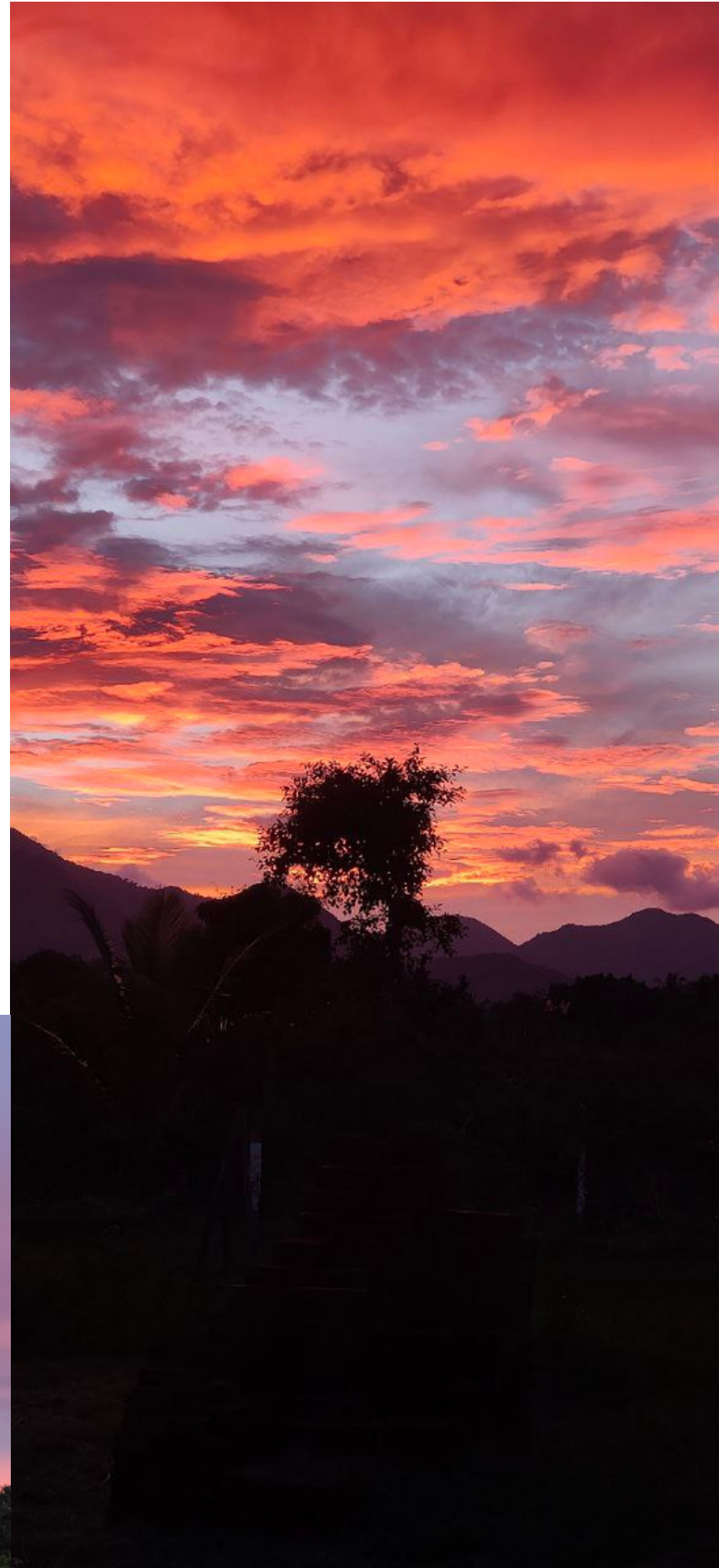
- All the older people who found shelter here in the ashram
- All the animals who are allowed to live here and
- All the external charities, which we could expand over the last few years.

TO YOU ALL OUR

Sincerest  
Thank You!

# Sunset

With  
these  
pictures,  
we  
wish  
you  
once  
again



Merry Christmas  
& A Happy New Year 2024!





# Aum Pranavashram

Traude und Visvanathan  
Children and Elders  
Staff Members and Volunteers  
Cows and Dogs, ...:)

C-1-8 Five Falls Bypass Road, ILANJI - 627805  
TENKASI DISTRICT, TAMIL NADU  
INDIA

[aumpranavashram@gmail.com](mailto:aumpranavashram@gmail.com)  
[www.aumpranavashram.org](http://www.aumpranavashram.org)