

**Annual Report –  
HUT VIDHYASHRAM,  
Human Uplift Trust,  
Perambalur Reporting Year:  
2024–2025**



HUT VIDHYASHRAM, a dedicated initiative under the Human Uplift Trust (HUT), continues its mission to care for children affected by HIV/AIDS, most of whom belong to socio-economically marginalized Dalit communities. The institution provides a safe, nurturing environment for 85 children between the ages of 4 and 17, offering comprehensive medical, educational, nutritional, and psychosocial support.

## **Section 1 OUR IMPACT AT A GLANCE**



In the year 2024–2025, VIDHYASHRAM made meaningful progress across health, education, infrastructure, and psychosocial development:

- 85 children were supported with round-the-clock care and protection
- 1,24,100+ meals served with enhanced focus on dietary balance and diversity
- 100% adherence to ART medication for HIV-positive children
- 90% school attendance maintained across all grades
- Remedial and ESL (English as Second Language) support initiated
- Hostel upgraded with deep cleaning, fresh bedding, mosquito nets, and repairs
- 25 creative and recreational activities conducted, including 10 guest-led workshops
- Major festivals celebrated: Diwali, Pongal, Christmas, Independence Day, and more





## **Section 2. Nutritious Food Provision – Building Health through Balanced Diets**

VIDHYASHRAM has implemented a scientifically structured and culturally appropriate **Nutrition Program** tailored to the unique needs of our 85 resident children.

### **2.1 Daily Meal Structure**

The day starts with milk and each child is served **four well-balanced meals daily**, ensuring that no child sleeps hungry or malnourished. Meals are served in a safe, clean dining space under staff supervision.

### **2.2 Weekly Non-Vegetarian and Protein Inclusion**

VIDHYASHRAM ensures **high-quality protein sources** are regularly included in the children's meals to support growth and immune strength:

- **Milk:** 200 ml every day for each child (procured from local dairies).
- **Eggs:** Provided four days a week – boiled, scrambled, or in curry.
- **Chicken:** Twice a week – usually Sundays, prepared as curry or biryani.
- **Legumes and Pulses:** Used daily in different forms – sambar, dal, kootu, sundal.

### **2.3 Nutrition for HIV-Positive Children**

Children living with HIV require **enhanced caloric and micronutrient intake**. Hence, their dietary plans are carefully monitored:

- **Increased portion size** for calorie-rich items like rice, ghee, and pulses.
- **Nutritional supplements:** Iron, calcium, multivitamins, zinc, and omega-3 capsules provided under pediatrician guidance.
- **Special Additions:** Ragi porridge, peanut bars, banana milkshake, and sprouted grains are added to their routine.

### **2.4 Food Safety and Hygiene Measures**

To prevent infections and ensure food safety:

- **All food is cooked fresh daily** in a clean kitchen .
- Children are educated on **handwashing before meals** and personal hygiene.

### **2.5 Support and Sustainability**

- Ingredients are sourced from **local farmers and women's self-help groups** to ensure freshness and community support.
- VIDHYASHRAM is exploring partnerships for **kitchen garden cultivation** of vegetables and greens within the campus.





## Impact

- **Improved Health Metrics:** Noticeable improvements in children's weight, height, and overall energy levels.
- **Reduced Absenteeism:** Better immunity has resulted in fewer sick days.
- **Higher Concentration in School:** Well-fed children show better academic focus and classroom participation



## **Monitoring Visits by Government Officials SS Perambalur**

As part of the monitoring and quality assurance framework under the Samagra Shiksha initiative, various government officials periodically visited the Human Uplift Trust Residential Special Training Centre (HUT RSTC), Perambalur, during the reporting period.

These visits included inspections by the **District Educational Officer (DEO), Additional Program Officer (APO) , District Coordinator, and Block Resource Teacher Educators (BRTes)** from SS Perambalur.



The officials reviewed the infrastructure, academic programs, documentation practices, and the overall child welfare measures implemented at the centre.

During their interactions, the officials appreciated the structured academic support being provided, particularly in core subjects like English and Science. They also praised the hygiene initiatives, infrastructure upgrades, including solar panel installations, and the systematic health monitoring practices followed at the centre.

Suggestions were offered for further strengthening the program, such as integrating more ICT-based learning resources, enhancing career guidance sessions for older students, and conducting additional spoken English workshops to build communication skills among the children.

Detailed feedback has been documented, and Action Taken Reports (ATR) have been prepared to address the recommendations provided by the visiting officials. All necessary improvements are being progressively implemented to ensure enhanced outcomes for the children residing at VIDHYASHRAM.

### **Section 3: Comprehensive Health Check-ups and Medical Support**

VIDHYASHRAM recognizes that health is the cornerstone of a child's overall development, particularly for children affected or infected by HIV/AIDS. Our approach to healthcare is comprehensive, preventive, and continuous. We ensure that each child receives personalized medical attention through structured and frequent health check-ups.

#### **3.1 General Health Check-ups for All Children**

To safeguard the health of all 85 resident children, VIDHYASHRAM conducts regular health monitoring throughout the year. These efforts help in the early detection of health issues and timely intervention.

- **Monthly Pediatric Check-ups:** A visiting pediatrician evaluates the general health, growth parameters, and minor ailments of all children.
- **Quarterly Health Camps:** Conducted in partnership with government hospitals and private health providers, these camps offer screenings for:
  - Hemoglobin and nutritional status
  - Vision and eye care
  - Dental hygiene
  - Skin conditions and dermatological needs
  - Deworming and vitamin distribution
- **Growth Monitoring:** Each child's weight and height are measured monthly. Underweight or malnourished children are provided special dietary and medical support.
- **Health Record Management:** Individual medical files are maintained with details on immunization, medical history, medication, and growth charts.
- **Emergency Preparedness:** VIDHYASHRAM maintains 24/7 readiness for medical emergencies with immediate access to nearby hospitals and dedicated transportation.

#### **3.2 Specialized Care for HIV-Infected Children**

Among the 85 children at VIDHYASHRAM, 25 are HIV-positive. These children receive specialized and closely monitored medical care.

- **Antiretroviral Therapy (ART):** All HIV-positive children are enrolled under NACO. ART medications are administered daily with strict adherence monitored by trained staff. Monthly ART center visits are coordinated seamlessly.
- **CD4 and Viral Load Monitoring:** CD4 counts are checked biannually to monitor immune health. Viral load testing is conducted annually or as recommended.

- **Nutritional Support:** Enhanced dietary plans include additional milk, eggs, multivitamins, iron, calcium, and immune-boosting foods to support ART effectiveness.
- **Opportunistic Infection Management:** Children are screened for TB, oral infections, and other common HIV-related conditions. Preventive medication like Cotrimoxazole is administered when necessary.
- **Mental Health and Counseling:** Professional counseling sessions are organized regularly. Emotional well-being is promoted through group therapy, awareness sessions, and peer interaction.
- **Medication Adherence Systems:** Each child has a color-coded medication chart. Any deviation or reaction is immediately reported to healthcare professionals.



### 3.3 Outcomes and Impact

- **Improved Immunity:** Significant improvement observed in CD4 counts and overall health status of HIV-infected children.
- **Reduced Morbidity:** Early detection has minimized emergency hospital visits.
- **Increased Awareness:** Children are more informed about personal hygiene, preventive health, and the importance of regular medication.

### 3.4 Partnerships and Sustainability

- Continued collaboration with Government ART Centers, PHCs, and private hospitals strengthens our medical ecosystem.

VIDHYASHRAM remains committed to providing every child with a healthy foundation to thrive physically, emotionally, and socially.



## **Section 4. Accommodation and Infrastructure Upgradation**

In the reporting year 2024–2025, VIDHYASHRAM undertook a significant refurbishment of its residential facilities to enhance the comfort, safety, and hygiene of its 85 resident children. This initiative was aimed at creating a more welcoming and healthy environment, aligned with our vision of holistic child development.

### **4.1 New Bedding and Furnishings**

- **Complete Replacement of Old Bedding:** All dormitories were equipped with **brand new mattresses, pillows, and bedspreads**, ensuring restful and hygienic sleep conditions for every child.
- **Waterproof Covers and All-Weather Blankets:** Special attention was given to providing bedding that is durable and easy to clean, with waterproof mattress covers and warm blankets for winter months.

### **4.2 Painting and Deep Cleaning**

- **Full Interior Repainting:** All dormitory rooms, study areas, and common spaces were freshly painted using **non-toxic, washable paints** in soothing colors to promote psychological well-being.
- **Deep Cleaning Drive:** A professional cleaning team carried out a **deep sanitization process** across the facility, including washrooms, storage areas, and kitchens.
- **Pest Control Measures:** Anti-termite treatment and regular fumigation were part of the deep cleaning operation to ensure a pest-free environment.

### **4.3 Structural Repairs and Upkeep**

- **Doors and Windows Repaired:** All damaged doors and windows were repaired or replaced to ensure **privacy, security, and weather protection**.
- **Locks and Hinges Replaced:** Safety was enhanced through the installation of new lock systems and reinforced fixtures.

### **4.4 Mosquito Prevention Measures**

- **Mosquito Nets Provided:** Every child's bed was fitted with **individual mosquito nets**, and additional nets were installed on dormitory windows to prevent vector-borne diseases such as dengue and malaria.
- **Regular Fogging:** Monthly fogging is now scheduled as a standard precautionary health measure.

## Impact of the Upgradation

- **Enhanced Sleep Quality and Physical Health**  
Children reported better rest and fewer complaints of body aches and skin irritation, contributing to improved classroom concentration and overall well-being.
- **Improved Morale and Dignity**  
A clean and beautiful living environment has significantly boosted the children's sense of dignity, belonging, and emotional security.
- **Reduced Incidence of Mosquito-Borne Illnesses**  
Since the introduction of mosquito nets and fogging, there has been a **sharp decline in fever and infection cases** attributed to mosquito bites



## **Section 5: Report on the Impact of the New Washing Area at VIDHYASHRAM**

As part of our ongoing commitment to improve hygiene, health, and dignity of the children residing at VIDHYASHRAM, a new dedicated washing area was installed in January 2025. The facility was created with a focus on safety, accessibility, and hygiene, and serves as a critical infrastructure improvement aligned with our child welfare standards.

### **Key Features of the New Washing Area:**

- **Separate washing zones** for boys and girls with privacy partitions
- **Continuous water supply** ensured through new plumbing and storage tank connections

- **Drainage system redesigned** for efficient wastewater flow and kitchen garden established to reuse the water
- Installation of **wash basins, clothes-washing platforms, and drying racks**



### **Impact Assessment:**

#### **1. Improved Hygiene Standards:**

The children now have access to a clean and structured area for daily washing and laundering of clothes. This has significantly reduced the spread of skin infections, fungal issues, and lice, which were previously more common due to limited facilities.



## 2. Time Efficiency & Routine Building:

Previously, laundry and personal hygiene tasks were scattered and time-consuming. With the centralized washing area, children are now able to maintain a regular hygiene schedule, saving time for studies and recreational activities.

## 3. Dignity & Privacy:

The separation of zones and improved sanitation has provided a sense of personal space and dignity to the children, especially adolescents, fostering confidence and mental well-being.

## 4. Environmental and Health Benefits:

The improved drainage and water conservation practices in the new design have made the facility more sustainable. Regular cleaning schedules supported by staff have also helped maintain cleanliness and safety.

## 5. Staff Efficiency:

Housekeeping and caregiving staff now find it easier to monitor and assist children with their daily hygiene practices in a single, designated space. This has improved staff workflow and resource management.

## Feedback from Residents and Staff:

*"We feel very happy to have a place just for washing. It's clean, easy to use, and we don't*

*have to wait or go far."* – Jyothika, 13 years old

*"It's a big relief for us. Earlier, washing clothes was a struggle. Now, it's all in one place, and even during rain, we can do our work comfortably."* – **Mr.Nirmal Kumar**, Center incharge

## Section 7: Academic Progress and After-School Support at VIDHYASHRAM

### Academic Programs:

#### 1. Formal School Education:

All children STD 1 –STD 8 at VIDHYASHRAM are enrolled under SSA in the in campus school and **Classes IX to XI** in nearby Govt schools.

- **Subjects followed:** Tamil, English, Mathematics, Science, Social Science, and Computer Science (as per class level)
- **Special support:** Children in higher classes (Classes X–XII) are given targeted coaching to prepare for board examinations.



## 2. Individual Academic Monitoring:

Each child's academic journey is tracked through a structured academic file maintained by the education coordinator. Progress is monitored via:

- Report cards
- Teacher feedback
- Attendance and behavior records
- Strengths and challenges in each subject

Monthly reviews are conducted, and customized interventions are introduced based on the performance and learning gaps of each student.

### 3. After-School Hours Academic Support:

To bridge the learning gaps and provide additional reinforcement, VIDHYASHRAM runs a **comprehensive after-school program** every evening, structured as follows:

#### Timings:

Daily from 6:00 PM to 8:30 PM (Monday to Saturday)

#### Structure & Content:

- **Homework Assistance:** Dedicated warden / teachers help children complete their school assignments, ensuring conceptual clarity rather than rote completion.
- **Subject-wise Remedial Classes:**
  - Mathematics and English are given special focus, especially for middle and high school students.
  - Science practicals are explained through videos and demonstrations.
  - Tamil language support is also given to students from non-Tamil backgrounds or weak literacy levels.
- **Group Learning Sessions:** Older students mentor younger ones under supervision, fostering peer learning and building confidence.
- **Phonic teaching** -systematic phonics instruction is integrated into the early literacy program to build strong foundational reading skills. Children are taught letter sounds, blending techniques, and word decoding strategies through engaging, age-appropriate activities. Daily practice sessions with flashcards, phonics games, and storytelling enhance retention and application. Teachers receive regular training to ensure consistent, research-based phonics delivery across all grades. As a result, there has been a marked improvement in reading fluency, confidence, and comprehension among the younger students.
- **Digital Learning Tools:** Smart TVs used for visual and interactive learning to enable students get concept clarity.
- **Exam Preparation:**  
During quarterly, half-yearly, and annual exams, extended study hours are introduced. Special coaching is arranged for students in Classes X–XII.

### 4. Special Interventions:

- **Learning Support for HIV-Positive Children:**  
Children affected by HIV may experience fatigue, absenteeism, or emotional distress. Special care is taken to balance their health with learning needs through:
  - Lighter workloads during treatment cycles
  - Counseling support integrated with academics
  - Flexible learning timelines



- **Psychological Counseling:**

In-house or partnered counselors provide motivation and mental health support to help children overcome trauma, stress, and academic anxiety.

## 5. Achievements:

- **90% pass rate** in the academic year 2024–25 across all school-going children
- **Over 30 children** have moved from below-average to average/above-average performance due to focused evening support
- **Consistent attendance** in school and after-school programs, showcasing increased enthusiasm and discipline

### x Magical Moments at VIDHYASHRAM – January 8 Event by Soli destinations Team

On **January 8, 2025**, the children of VIDHYASHRAM were treated to an unforgettable day of **wonder, laughter, and magic** thanks to the **Soli destinations Team**, who organized a spectacular **Magic Show** as part of their outreach initiative.

The atmosphere at VIDHYASHRAM buzzed with excitement as the children gathered, eyes gleaming with curiosity and anticipation. The performers from SoliDestinations captivated the audience with an enthralling lineup of **illusion tricks, disappearing acts, and interactive magical moments** that left everyone amazed — from the youngest child to the oldest caretaker.

One of the most thrilling parts of the show was when a few children were invited on stage to participate in the tricks. Their shy giggles quickly turned into bold laughter as they became the stars of the show — making flowers appear from empty hats and guessing mystery numbers. These moments not only entertained but also built **confidence and joy** among the children.

### \* Diwali Celebrations – A Festival of Lights and Smiles

Earlier, during **Diwali 2024**, VIDHYASHRAM turned into a haven of light, color, and festivity. The children actively participated in:

- **Decorating diyas and making rangolis**
- Singing devotional songs and performing short skits about the victory of light over darkness
- Receiving new clothes and sweets sponsored by well-wishers

The highlight of the evening was a **safe fireworks session** under supervision, filling the campus sky with bursts of color — a symbolic reflection of the dreams each child holds.

## Celebrating Life, Culture, and Unity

Apart from Diwali and the January 8th Magic Show, other celebrations throughout the year included:

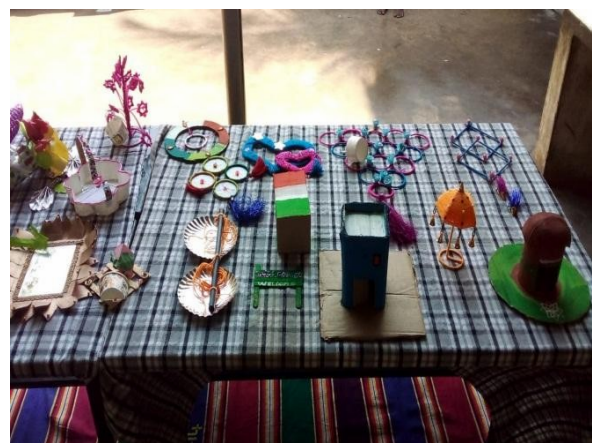
- **Pongal**, where the children dressed in traditional attire and made **sweet Pongal** in decorated clay pots
- **Christmas**, marked with a nativity play, cake-cutting, and carol singing
- **Independence Day**, with flag hoisting, speeches, and a cultural program that showcased their talents
- **Perunthalaivar Kamarajar Birthday**
- **Republic day**



(Pongal festival with Sub collector Shri Gokul IAS)

These celebrations were more than just events — they were **windows of joy, inclusion, and self-expression** for children who face life's challenges with incredible resilience. The visit by the SolideDestinations Team and all the festive moments during the year reminded them that **they are seen, loved, and celebrated**.





### **Movie Night Magic at VIDHYASHRAM**

Movie night at HUT RSTC (SS) is more than just watching a film — it's a **shared experience of joy, laughter, and belonging**. As the lights dim and the screen flickers



to life, the children huddle together with wide eyes and warm smiles, clutching their popcorn and each other's hands.

For a few hours, they are transported into magical worlds where dreams come true, heroes win, and anything is possible. The sound of their laughter echoing through the hall, the quiet gasps during dramatic moments, and the cheers at every happy ending remind us that **sometimes, healing comes in the form of stories told on a screen — and felt in the heart.**

### **Expressions of Hope – Exhibition by VIDHYASHRAM Children**





The VIDHYASHRAM campus came alive with **color, creativity, and curiosity** during the recent **Children's Exhibition**, a celebration of talent, learning, and imagination. The event, entirely curated and presented by the children, showcased their journey of growth and self-discovery across various domains.

From the moment guests stepped into the exhibition area, they were greeted by **handmade welcome boards, art displays, science models, and cultural stalls**, all meticulously prepared by the children with the support of their teachers and caregivers.

Children displayed handmade impressive models like working volcanoes, windmills, and water filters, learning math models which stole the show. All these demonstrated the children's enthusiasm for hands-on learning. Each child took turns as **guides and presenters**, explaining their work with confidence, pride, and spark in their eyes. The event saw enthusiastic participation from staff and children alike.

**Coincidentally, the SSA State visited VIDHYASHRAM on the day of exhibition** and her words of appreciation made the day for the kids. She expressed deep appreciation for the remarkable efforts of the students. She commended their creativity, clarity of thought, and confident presentation skills, noting that the exhibits reflected a strong foundation in both academics and life skills. She also praised the nurturing environment at HUT RSTC (SS), highlighting how the institution fosters holistic development through innovative teaching methods. Her encouraging words served as a powerful motivation for the children and a reaffirmation of the team's commitment to excellence in education. The visit concluded with the Coordinator expressing her hope that such initiatives would continue to inspire and empower young minds.

### **Report on Life Skills Training, Community Interactions, and Counselling Support at VIDHYASHRAM**

At VIDHYASHRAM, education is not limited to academics alone. Recognizing the multifaceted needs of children affected by HIV—many of whom come from socially and economically marginalized backgrounds—VIDHYASHRAM has designed a holistic development framework that includes **life skills education, community engagement, and psychosocial support**. These components are essential to equip the children with the tools needed for self-confidence, responsible behavior, emotional resilience, and social integration.

#### **1. Life Skills Training**

##### **Program Objective:**

To build essential life skills in children including communication, problem-solving, emotional regulation, critical thinking, personal hygiene, and decision-making.

##### **Structure:**

- **Weekly Life Skills Classes** are conducted by teachers and volunteers every Saturday (1.5 hours).

##### **Key Life Skills Covered:**

- **Self-awareness & self-esteem:** Through activities, journaling, and guided discussions



- **Empathy & interpersonal skills:** Role plays, peer conversations, and storytelling
- **Effective communication:** Language-building activities, debates, and drama
- **Decision-making & goal setting:** Vision board creation, mock situations
- **Managing emotions:** Role plays, and sharing circles
- **Basic financial literacy:** Budgeting games and savings simulations for older children
- **Personal hygiene & health:** Practical demonstrations on menstrual hygiene, oral care, handwashing, and healthy eating

#### **Outcomes:**

- Noticeable improvement in children's confidence and self-expression
- Reduced incidences of peer conflict and improved cooperation
- Children demonstrating better time management and cleanliness in daily routines

### **2. Community Interaction and Exposure Activities**

- **Inviting Community Volunteers & Role Models:**
  - Doctors, police officers, artists, social workers, and college students interact with children and offer mentorship and career guidance

#### **Outcomes:**

- Greater confidence among children to interact with outsiders
- Reduced self-stigma in children living with HIV
- Initiation of community support and goodwill for VIDHYASHRAM initiatives

### **3. Counselling and Psychosocial**

#### **Support Objective:**

To address emotional trauma, stigma-related stress, grief, and behavioral challenges and to ensure the mental well-being of every child.

#### **Framework:**

- **Initial Psychological Assessment** for each new child upon admission
- **In-house counselling sessions** conducted by a trained social worker and visiting psychologist
- **Frequency:** Weekly individual sessions for children in need; monthly group counselling sessions
- **Special Support Groups:**

- Children living with HIV have separate safe spaces for sharing experiences, fears, and health challenges
- Adolescents have group discussions on puberty, identity, and gender sensitivity

#### **Collaboration:**

- Tie-up with local hospital psychologists for referrals
- Training for caregivers on trauma-informed care and child-sensitive communication

#### **Outcomes:**

- Marked behavioral improvements in children with past trauma
- Better medication adherence and health acceptance in HIV-positive children
- Increased emotional expression and resilience in adolescents

#### **4. Free Play at VIDHYASHRAM**

At VIDHYASHRAM, evening free play is an essential part of the daily routine, giving children a joyful break after their academic activities. The open play sessions help them relax, socialize, and develop important life skills like teamwork, leadership, and resilience. Children engage in a variety of games including football, cricket, badminton, and group activities, under the gentle supervision of staff. Free play not only promotes physical fitness but also nurtures emotional well-being and a sense of community among the children.

#### **Conclusion:**

The combination of **life skills training, community exposure, and counselling** has created a **supportive and empowering environment** at HUT RSTC (SS). These initiatives go beyond academics to shape emotionally strong, socially aware, and self-reliant individuals. By addressing the deeper needs of every child, HUT RSTC (SS) is creating a generation of empowered young people ready to lead lives of dignity, courage, and purpose

## **Darshika's Story: A Life of Courage and Compassion at VIDHYASHRAM**

### **Early Years: Born with a Heavy Burden**

Life handed Darshika a burden too heavy for a child. Born HIV-positive, she was thrust into a battle she never chose. Her mother, Kirtika, HIV-positive, struggled daily for survival, battling stigma, frail health, and crushing poverty. Her father, Senthil, provided little stability, and the family's entire livelihood depended on Kirtika's modest income from working in a small bakery in Srimushnam Cuddalore District. Due to limited income, Kirtika often could not afford proper nutrition or continue her antiretroviral medications consistently. As her health deteriorated, Darshika's life began slipping into uncertainty. Forced to drop out of school, Darshika's dreams seemed to fade even before they could take flight.

### **A New Beginning: A Safe Haven at VIDHYASHRAM**

In 2019, the outreach team from HUT RSTC (Residential Special Training Centre) identified Darshika's vulnerable condition. Recognizing the urgent need to intervene, she was inducted into the RSTC at the age of eight, directly into the 3rd standard. For the first time in her young life, Darshika experienced security — a safe place to sleep, daily nutritious meals, timely medical support, and an environment filled with encouragement rather than pity. At HUT RSTC, Darshika's journey of healing, education, and hope began.

### **Battling Solitude: A Double Orphan's Story**

When the COVID-19 pandemic swept across the world, Darshika's trials deepened. During the long lockdowns, some children returned to their villages, embraced by their families. But Darshika, abandoned by circumstances, remained at the RSTC continuously for two years, having nowhere else to go. The centre became not just her home but her entire world. In 2022, Darshika's deepest fear came true — her mother, battling HIV for years, passed away. With her passing, Darshika became a double orphan, with no family to turn to. But the HUT RSTC stood steadfast by her side, proving that love and family are not always bound by blood.

### **Struggles of a Child Living with HIV**

Growing up HIV-positive meant Darshika faced not just health challenges but also social stigma and emotional isolation. There were days when she endured severe



fatigue, constant medical checkups. Yet, Darshika fought back with resilience rare even among adults. Under the loving care of HUT RSTC, she was taught that her life was precious, her dreams valid, and her possibilities limitless. Today, she continues her antiretroviral treatment regularly and maintains her health with careful medical supervision, proper nutrition, and emotional support from caregivers at the centre.

### **A Budding Artist, Speaker, and Leader**

Despite all odds, Darshika shines brightly. She paints vivid images of nature and dreams with remarkable skill. Her artworks often reflect themes of hope, love, and compassion. Darshika is a melodious singer and a confident speaker at school functions, where she advocates for hygiene, education, and self-respect. With sharp focus and strategy, she plays chess with great enthusiasm, teaching younger children to think critically and calmly. Darshika lovingly tends to the temple inside the centre, keeping the place beautiful and sacred, and finding peace amidst the flowers she nurtures. She is always neatly dressed, promoting not just personal hygiene for herself but actively encouraging other children to practice cleanliness and good health habits.

### **Dreams for the Future: A Heart Dedicated to Others**

Darshika's dreams are deeply rooted in her lived experiences. Having seen the worst face of poverty, illness, and abandonment, she aspires to become a teacher — not just to educate, but to uplift poor and abandoned children like herself. **"No child should go through what I have endured,"** she often says with quiet determination. She wants to teach, care for orphans, and build a future where compassion, dignity, and education are rights, not privileges.

### **Conclusion: A Beacon of Hope**

Darshika's life is not defined by her HIV status, her losses, or her struggles. It is defined by her courage, compassion, and commitment to building a better world. At VIDHYASHRAM, Darshika was not just given shelter — she was given wings. Her journey is a shining example of how love, education, and unwavering support can transform even the most fragile lives into beacons of resilience and hope. Darshika is not just surviving — she is inspiring.

## **A Journey of Courage and Hope:**

### **The inspiring story of Praveen at Human Uplift Trust RSTC, Perambalur SS. VIDHYASHRAM**

#### **Early Life: Born Into Adversity**

Life dealt **S. Praveen** a cruel hand from the very beginning. His father, **Suresh**, living with **HIV**, struggled daily just to survive. His mother disappeared when Praveen was merely two months old — a face he has never seen, a name he never got to utter.

Her whereabouts remain a mystery even today.

With no mother's love and a father weighed down by illness and poverty, little Praveen's childhood was spent in utter neglect. At just four years old, he was left to sit under the shade of a tree while his father tried to earn a meagre living doing odd jobs. Hunger, loneliness, and fear were his constant companions.

#### **A New Beginning: Joining Human Uplift Trust VIDHYASHRAM**

Recognizing his vulnerable situation, the VIDHYASHRAM extended a caring hand. Praveen was inducted into the HUT family when he was four years old and his father was living at Madurantakam. Official admission into the RSTC came when he turned five.

For the first time, Praveen experienced what it meant to have a **safe place to sleep**, **nutritious meals**, and **people who cared**. He found comfort in simple joys — eating together with other children, listening to bedtime stories, learning rhymes, and celebrating festivals as part of one big family. VIDHYASHRAM became the only home he knew.

#### **A Heartbreaking Betrayal**

After many years of absence, Praveen's father returned when he was around 12 years old. Trusting the bond of blood, the centre allowed a short holiday visit. But tragedy struck once again. Instead of reuniting lovingly, Praveen's father sold him to a cattle

farmer in Salem-Namakkal region and disappeared with the money. The boy, barely a teenager, was forced to tend cows day and night. Praveen often recounted later how he would look up at the stars at night and cry silently, wondering if anyone would come searching for him.

#### **A Rescue Mission: Returning Home**

Fate intervened through a compassionate soul. A volunteer engineer from Namakkal, noticing Praveen's plight, immediately alerted VIDHYASHRAM.

Without wasting a moment, the outreach team, along with a group of dedicated legal advocates, rushed to Namakkal. After days of negotiation and legal intervention, Praveen was successfully rescued and brought back to the care and safety of VIDHYASHRAM. The reunion was an emotional moment — staff members and children embraced Praveen with tears of joy, assuring him that he was never alone.

### **Academic Achievements: A Rising Star**

Despite all the trauma and disruptions, Praveen's spirit remained unbroken. In April 2023, Praveen completed his 8th standard with good marks, showing resilience and strong academic potential. Subsequently, he was enrolled in Government Higher

Secondary School, Thambiranpatti, Perambalur for his 9th and 10th standards, while continuing to reside at the VIDHYASHRAM .

With hard work, regular study support, and mentorship from the RSTC educators, Praveen successfully completed his 10th Standard Examination in 2025 — a milestone that symbolizes his victory over adversity.

### **Beyond Studies: A Young Leader in the Making**

Praveen is much more than an academic achiever.

- **Yoga and Karate Enthusiast:** He practices yoga every morning, believing it brings him peace and inner strength. He has earned accolades in local karate competitions and aspires to train others in self-defense someday.
- **Sportsman:** A lively participant in **kabaddi**, **cricket**, and **carrom**, Praveen is always seen motivating younger children to join sports activities.
- **Nature Lover:** His small **garden patch** at VIDHYASHRAM, lovingly tended with greens and tomatoes, is a testament to his patience and care.
- **Mentor to Younger Children:** Praveen acts like a big brother to the new, younger children who join the centre. He helps them with homework, comforts them when they feel homesick, and teaches them the importance of resilience.

His **favorite quote**, often repeated to younger ones, is: *"No matter where you come from, you can always choose where you are going."*

### **Dreams for the Future: A Heart Set on Service**

Praveen dreams of becoming an entrepreneur — not just to create wealth, but to transform lives. He envisions building businesses that will employ disadvantaged youth, giving them the dignity of work and the chance at a better life.

He says with a determined smile,

*"If VIDHYASHRAM could change my life, I want to do the same for others one day."*



## **Conclusion: A Testament to Transformation**

Praveen's story is one of unyielding hope, strength, and humanity. From being an abandoned, vulnerable child to a determined young man ready to carve his future, Praveen represents everything that VIDHYASHRAM stands for. Through consistent love, structured education, counseling support, and life skills training, VIDHYASHRAM has shown that every child, no matter how difficult their beginning, deserves a beautiful future.

**Praveen is not just a survivor — he is a beacon of hope.**

At this juncture I extend my sincerest regards to Mrs. \_\_\_\_\_, ASHA for valuable insights and the love and care they have exhibited towards the cause of these kids. Without their valuable guidance this year would have been such a wonderful year filled with activities aimed at upgrading their living and education situation .

My sincere thanks to all funders.

On behalf of the entire VIDHYASHRAM family, we extend our heartfelt gratitude for the unwavering support and generous contributions ASHA FOR EDUCATION (U.S), of Fondation Lord Michelham, Evadeh Medical Students, Miss. Marine , the French civic volunteer, and volunteers from other OFI projects ,and support of community members who took time out of their busy schedule to visit and spend time with our kids,

This commitment has been instrumental in nurturing, educating, and empowering the children under our care.

Thanks to your continued kindness, our children receive not only nutritious meals, quality education, and healthcare but also the hope and confidence to dream big. Your support is helping us build a brighter, more dignified future for every child at VIDHYASHRAM.

We deeply value your partnership in this journey of transformation.

At this Juncture we would like to share a few words regard the future direction of HUT

## **Future Direction of Human Uplift Trust (HUT)**

As part of its long-term vision to uplift marginalized communities through transformative education, Human Uplift Trust (HUT) is moving forward with the

establishment of a **full-fledged English Medium School** at Vidhyashram Campus, Perambalur.

This initiative is designed to serve **HIV-positive and HIV-affected children**, as well as **Dalit and first-generation learners** from rural areas.

The goal is to provide these children with equitable access to **quality English education**, empowering them to pursue higher studies, competitive careers, and dignified lives beyond the barriers imposed by social and health vulnerabilities.

Initial construction has just begun and the first phase of classrooms will comprise of 6 , three in the ground floor and 3 in the first floor. The next phase will focus on equipping these spaces with **smart-class technology, science and computer labs, a well-resourced library**, and trained faculty. The school will follow a **phase-wise expansion plan** leading to a full operation across Grades LKG to 5 by academic year 2026 -27.

In view of this transition, for academic year 25-26 , for the children of Vidhyashram, studying in classes 1st to 3<sup>rd</sup> std English will be systematically introduced as the medium of learning. We believe this would facilitate better learning efficiency when they are enrolled in the English medium classes from the year 26-27. Our Vidhyashram kids who are in stds 4<sup>th</sup> to 8<sup>th</sup> now, will continue to study in Tamil medium.

HUT aims to run the institution on a **sustainable model**, supported by partnerships with **international donors, CSR collaborators**, and a **student sponsorship framework**.

Through this school, HUT reaffirms its commitment to ensuring that **education becomes a powerful instrument of justice, dignity, and opportunity** for every child in its care.

**With sincere thanks,**  
*The VIDHYASHRAM Team*

BUDGET FOR ASHA SV_HUT SCHOOL cum SHELTER FOR 85 CHILDREN - (academic year) 2025-26								
	Informations	Quantity	Price per unit	TOTAL PER MONTH	TOTAL PER YEAR (INR)	Contribution from HUT, other sources, community and sponsors (INR)	Request from ASHA	Budget Analysis
RECURRING EXPENSES								
1. Maintenance of children								
Food expenses three time basic meal with rice or wheat	› 90 rps per child per day › 30 days	2,700	85	229,500	2,754,000	2,082,258	671,742	Self explanatory
Nutritional Support Fruits, vegetables, cooked and raw (Green Peas, Green gram).	Vegetables dhal rich curries for breakfast lunch and supper 2. Boiled legumes, raw vegetables salads twice a week, fresh seasonal fruits twice a week.	Rs 12000 per month @ 400 per day	1	12,000	144,000	144,000		Vegetables dhal rich curries for breakfast lunch and supper 2. Boiled legumes, raw vegetables salads twice a week, fresh seasonal fruits twice a week.
Chicken and egg protein nutrition	Chicken Rs 150/ kg*7 kg per day* twice a week*52 weeks Eggs @ 6 INR / child / 3 times per week	Rs. 8400 per month for chicken and R.7344 for eggs per month		15,744	188,928	188,928		Chicken and eggs , milk and protein powder have been regularly incorporated into the diet to provide protein rich food to meet te growth needs of the children
milk	(milk 6 litres per meal / 2 times a day @ 42 Rs per lit	15,120		15,120	181,440	181,440		
Protein powder	Rs 6 per child per day	612		18,360	220,320	220,320		
Medicine care	› 50 rps per child per month › 30 days	80	50	4,000	48,000	48,000		Medical School france has consented to meet out the medical expenses.
Soap and washing soap	› Soap = 30 rps › 2 soaps per month per child › Washing soap = 30 rps › 2 washing soap per month per child	washing soap 180 and bathing soap 180	30	10,800	129,600	129,600		We have worked out the requirements based on the expenses made for the year 24-25
Shampoo packets	1 shampoo packet @ 5 rs per child per week	36	5	180	2,160	2,160		
Hair lice treatment	› Twice a year	85	165	14,025	28,050	28,050		
Tooth brushes and pastes	› Tooth brush = 40 rps › 2 tooth brushs per year per child › Paste = 35 rps › 12 pastes per year per child	204 tooth brushes and 12*102 tooth pastes per year			51,000	51,000		
Mosquito coil and machine	› Machine = 80 rps › 2 machines per dormitory › Mosquito coil refill = 48 rps › 1 mosquito coil refill per month	4	48	192	2,304	2,304		
Hair cut	› every 3 months › 55 boys	220	60		13,200	13,200		
Hair cut	twice a year for 47 girls	188	60		11,280	11,280		
Clothes	› 2 sets per year	204	340		69,360	69,360		
Uniforms	› 2 per year	204	355		72,420	72,420		
Inner wear	6 sets per year	612	150		91,800	91,800		
Footwear	› 2 per year	204	200		40,800	40,800		
Dental and eye check check ups	2 per year – honorarium and food for the professionals				20,000	20,000		
Total					4,068,662	3,376,920	671,742	
2. Educational needs								
School bags and pencil boxes		75	200		15,000	15,000		We have worked out the requirements based on the expenses made for the year 24-25
Pencils, pens and erasers		85	38	3,230	38,760	38,760		
Scales and geometry boxes		62	50		3,100	3,100		
Notebooks		1,836	25		44,982	44,982		
Papers and drawing sheets	› A4 sheets = 160 rps per month › 15 drawing sheets per child per month › 1 drawing sheet = 0.80 rps			1,384	16,608	16,608		
Package of color pens, pencils, water colors		75	75		5,625	5,625		
Package for craft work : › Craft papers › Scissors › Gums › Etc		75	150		11,250	11,250		
Exam papers	› average 20 papers for 5 subjects per child per exam › 4 exams per year	8160	0.7		5,712	5,712		
Chalks	3 boxes per class per week @ 65 rs per box	72	65	4,680	56,160	56,160		
Total					197,197	102,000.00	95,197	
3. Maintenance of home								
Water charges				2,690	32,280	32,280	-	as per water bill
Electricity charges				15,000	180,000	75,350.00		as per eb bill
Wood charges for cooking				25,000	300,000	300,000		wood used for cooking
General building maintenance : › Electrical appliances › Motor › Fan › Water taps repairs › Painting black boards › Etc				20,000	240,000	240,000		repair expenses incurred on a regular basis
Hygiene maintenance campus and bathrrom cleaning	Rs 25000 per quarter	3	25,000		75,000	75,000	-	deep cleaning of the campus by professional cleaing service undertaken durig Qtly, Hly and annual holidays to maintain hygiene of the campus
Phenol	› 1.5 litre per day	45	58	2,610	31,320	31,320	-	Used for daily cleaning by Janitors
Harpic	› 3 litres per week	12	164	1,968	23,616	23,616	-	
Cleaning equipment : › 10 cleaning brushes › 3 cleaning bruches per year › 20 cleaning mops › 6 cleaning mops per year › 20 broomsticks › 6 broomsticks per year › 10 roof broom sticks › 6 roof broom sticks per year				40,620	40,620	40,620	-	
Bleaching powder	› 10 kilos per week	40	110	4,400	52,800	52,800	-	
Mats	› 2 mats per year › 8 employees and 80 children		220	135	29,700	29,700	-	Children usage
Pillows	› 2 per year		220	90	19,800	19,800	-	
Bed sheets	› 2 per year		220	150	33,000	33,000	-	
Towels	› 2 per year		220	90	19,800	19,800	-	
Buckets and mugs			50	500	25,000	25,000	-	

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Total					1,102,936	1,102,936	-	-
4. Staff								
Full time coordinator		1	15,000	15,000	180,000	180,000	-	A modest increase salary hhas been given in line with current salary situation to retain trained staff.
Nurse		1	8,500	8,500	102,000	-	102,000	
Child counsellor		1	9,500	9,500	114,000	114,000	-	
Social workers		1	7,500	7,500	90,000	-	90,000	
Warden		2	12,000	24,000	288,000	-	288,000	
Teachers - for classes 5 to 8		4	9,000	36,000	432,000	216,000	216,000	
Cooks		3	8,000	24,000	288,000	-	288,000	
Helpers/janitors		5	6,000	30,000	360,000	360,000	-	
Field coordinator		1	15,000	15,000	180,000	180,000	-	
Accountant		1	13,500	13,500	162,000	162,000	-	
					2,196,000	1,212,000	984,000	
TOTAL RECURRING EXPENSES :					₹ 7,564,795.00			
ADMINISTRATION								
1. Equipment								
Stationaries for administration, photocopying, prining expenses				2,050	24,600	10,000	14,600	Self explanatory
Papers				500	6,000	6,000	-	
Accounting books					10,000	10,000	-	
Broad band connection and phone recharges				500	12,000	12,000	-	
Total (A)					₹ 7,617,395.00	₹ 5,831,856.00	₹ 1,765,539.00	
					\$88,894.80	\$68,057.60	\$20,603.79	
Contribution %						77%	23%	



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