

Report April –December 25 VIDHYASHRAM



Project summary and current results:

The Vidhyashram, located in Perambalur, Tamil Nadu, South India, accommodates 85 children aged 6 to 17 who are either infected or affected by HIV. The home serves as a true refuge for orphaned, rejected, or vulnerable children affected by the disease.

The centre provides comprehensive care, combining accommodation, medical treatment, balanced nutrition, and educational support. The children also receive psychological and social assistance, which is essential for their recovery and overall well-being. An integrated school within the home ensures quality education in a safe and nurturing environment.

Thanks to the vital support of the *ASHA FOR EDUCATION*, *Vidyashram* is able to continue its mission of care and protection under stable conditions, enabling the children to grow and look toward the future with confidence.

BENEFICIARIES

Classes	Number of children
STD – 1	2
STD – 2	9
STD – 3	8
STD – 4	8
STD – 5	7
STD – 6	10
STD – 7	13
STD – 8	9
STD – 9	12
STD – 10	4
STD – 11	2
STD – 12	1
TOTAL	85

Recognized by the Samagra Siksha Tamil Nadu Department of Education, the institution is authorized to provide formal education from Grade 1 to Grade 8, with particular attention given to the children’s psychological and health needs. From Standard 9 (equivalent to Grade 9) to Standard 12, students attend nearby Government school, remaining under the official guardianship of Vidhyashram

With nine new admissions in 2025, Vidhyashram currently cares for 85 children aged between 6 and 17 years, 47 boys and 38 girls. The home continues to provide full care and support for all residents. Strong connections with the children’s extended families are carefully maintained, with most returning home during major holidays such as Diwali or Pongal, depending on their individual circumstances. At present, 25 children reside at Vidhyashram throughout the year(i.e they don’t have any living relative whose home they can visit for holidays): 12 have no family or legal guardian, while 13 live with HIV and require ongoing medical supervision.

The team responsible for managing the home is composed of 17 members, including 14 staff working on-site and 3 based at the NGO’s headquarters. It includes a project coordinator, a nurse, a psychological counselor, a social worker, as well as several teachers, cooks, and support staff, all working collectively to ensure the children’s care and well-being.

ACTIVITIES UNDERTAKEN

Providing a balanced nutrition for children



Meals at Vidhyashram, are carefully planned to meet the children's nutritional needs, strengthen their immune systems, support the effectiveness of antiretroviral treatment, promote healthy growth, and reduce the risk of infections. Upon arrival, many children are often underweight or malnourished, requiring particular attention to the quality and nutritional balance of their meals in order to regain strength and reach a healthy weight.

Breakfast typically includes traditional South Indian tiffins such as *idly*, *dosa*, *pongal*, or *sambar*. Lunch consists of rice accompanied by local dishes like *sambar*, *rasam*, *appalam*, *vadai*, *payasam*, eggs, spinach, or chicken, while dinner features a variety of flavored rice preparations such as *lemon rice*, *curd rice*, *tomato rice*, or *tamarind rice*.

Each meal offers a balanced combination of proteins, whole grains, fruits, and vegetables, with a strong emphasis on variety and seasonality. Vegetables include carrots, potatoes, tomatoes, beans, eggplants, gourds, cauliflower, and drumstick, while fruits such as grapes, mangoes, papayas, pineapples, guavas, and bananas are regularly provided.

Chicken and eggs are served three times a week, and milk is given twice daily. This well-balanced and diverse diet contributes significantly to the children's physical well-being, healthy development, and the adoption of long-term nutritious eating habits, whether they are living with HIV or affected indirectly by the disease.

Adapted protein nutrition for all children

Beyond providing balanced meals, continuous efforts are made to strengthen the children's stamina and growth potential. Each evening, the children receive a nutritional malt supplement, a protein-rich beverage made from roasted and ground grains. Integrated into their daily diet, this drink has proven highly beneficial, helping to boost energy levels, support healthy growth, and increase resistance to infections.

All children, whether infected or affected by HIV, receive this supplement. Its positive impact is clearly reflected in the notable decrease in recurring illnesses and the overall improvement in well-being, as consistently observed by the medical team.



Medical care for children



The health of the children at Vidyashram, is monitored daily with great care. Children living with HIV receive monthly check-ups at *ART centre , govt hospital*, a center specialized in HIV care, while others are examined every six months. Treatments and nutritional support are tailored to each child's needs.

A full-time nurse ensures the proper daily administration of medication and supplements, providing vitamins and antibiotics when necessary. Every morning after prayer, children, are divided into ten groups of seven to eight, each supervised by a teacher who performs a quick health check. If any issue arises, the nurse intervenes immediately for further examination.

Once a week, she conducts a full check-up (skin, allergies, eye infections, nails, etc.) and leads health awareness sessions. On Saturdays, personal development activities also include lessons on hygiene and healthy habits.

As part of preventive care, all children receive three vaccines: two doses against diphtheria, tetanus, and pertussis (at ages 6 and 10), followed by a diphtheria-tetanus booster at 15. Annual dental and eye check-ups are carried out by specialists from *Sugam Dental Hospital* and *Maxi Vision Hospital*.

Through this comprehensive care, Vidhyashram, ensures exemplary medical and preventive support, safeguarding each child's health and well-being.

Psychological support for children

Having faced illness, the loss of a parent, or family separation, the children at Vidhyashram often carry deep emotional scars. To help them rebuild themselves, a structured and consistent psychological support system has been established, promoting both a better understanding of their experiences and their personal development.

Teachers, trained in child psychology, behavioral monitoring, and emotional management, ensure the daily emotional well-being of each child. In addition, individual counselling sessions are organized every three months, providing a dedicated space for listening, expression, and personalized guidance. These sessions were most recently held from June 13–23, 2025, and September 5–12, 2025.

Furthermore, weekly group sessions take place every Saturday, conducted separately for boys and girls. Led by designated staff members, these gatherings encourage emotional expression, mutual support, and the strengthening of self-esteem.

Through these complementary and ongoing initiatives, we ensure that every child receives compassionate, tailored psychological care, supporting their emotional healing and overall growth.

Children attend school



Children at Vidhyashram, attend a school integrated within the premises of the home, where classes are taught in Tamil, the local language, to ensure better understanding and smoother academic integration. Accredited by the Tamil Nadu Department of Education, the institution provides education from Grade 1 to Grade 8, following the official state curriculum.

Core subjects include Mathematics, Science, Tamil, English, and Social Studies. The school employs eight full-time teachers and one academic coordinator, all deeply committed to the students' academic progress and overall well-being. Regular visits from the Chief Educational Officer (CEO) of the

Perambalur district and his team ensure close monitoring of teaching quality and students' academic progress.

Every day, teachers dedicate an additional hour and a half after class to help students with their homework, reinforce lessons, and provide individual support where needed. Saturdays are reserved for sessions on social and personal development, focusing on self-respect, respect for others, and hygiene.

Teachers also received annual three-day training programs June 15-17, 2025, focused on child development, classroom management, and both physical and emotional safety.

More recently, a computer lab has been introduced within the Vidhyashram, allowing children to gain familiarity with digital tools and build essential computer literacy skills in line with the needs of today's world.

Through these combined efforts, the Vidhyashram, delivers an inclusive and holistic education grounded in a thoughtful pedagogical approach that promotes both learning and personal growth for every child.

Group and Personal Development Activities

The home's playground provides a welcoming space for a wide range of physical and team-building activities, which are essential to the children's mental and physical well-being. The children consistently show great enthusiasm and curiosity when participating in these activities.

The regular presence of volunteers is also a valuable asset — their interactions not only inspire creativity and energy through engaging group sessions but also significantly enhance the children’s English skills and their confidence in expressing themselves.

Vidhyashram, also makes sure to celebrate national and international days (Independence Day, Republic Day, World Health Day, World Environment Day), as well as religious festivals and birthdays, thereby strengthening the children’s sense of belonging and cultural awareness.



Vidhyashram also ensures the celebration of national and international observances such as Independence Day, Republic Day, World Health Day, and World Environment Day, as well as religious festivals and birthdays. These moments strengthen the children’s sense of belonging and openness to cultural diversity.

Recently, several key events have marked the life of the home: in April, students took part in the *Vidyarthiram Exhibition Day*, showcasing their science and creative projects at school. In May, they participated in a *craft workshop*, followed by the *Annual Day Celebration* during which outstanding students received awards for their achievements. In June, the children enjoyed an *educational trip to Kodaikanal*. July was highlighted by the *Educational Day Celebration*, and in August, they celebrated *Independence Day* with great enthusiasm. September featured *Teacher’s Day*.

Together, these creative and diverse activities play a vital role in the children’s personal and social development, offering them a dynamic, caring, and nurturing environment to grow and flourish.

Building autonomy through community life

Adolescents at Vidhyashram benefit from hands-on training programs designed to foster both autonomy and social reintegration. The home places particular emphasis on discipline, responsibility, and teamwork as key values in their personal development.

Divided into small groups of eleven, the children take turns handling a variety of communal tasks, including cleaning, laundry, dormitory maintenance, and gardening. They also help maintain the home’s vegetable garden, where they learn the principles of sustainable living, nutrition, and the importance of hard work.

Through these responsibilities, the children acquire essential life skills such as time management, cooperation, and problem-solving, while strengthening their self-esteem and sense of belonging.

In this way, the Vidhyashram helps shape confident, capable, and responsible young individuals, equipped to face the challenges of the outside world with resilience and independence.

Pictorial report of activities at Vidhyashram

Providing a balanced nutrition for the children



Medical care for children



Medical visit to the Dhanalakshmi Hospital

Children engaged in learning activities





Visit from the CEO, APO and BRTE to the integrated school

Monthly assessment by educational and child welfare officers at VIDHYASHRAM



Building autonomy through self responsibility - Group and personal development activities



Special Events at Vidhyashram

April 2025, SCIENCE EXIBHITION



Project Coordinator, Samagra Siksha, Chennai visited the exhibition conducted by our students and congratulated them





19-21, June, 2025- Trip to Kodaikanal





8th, July, 2025- Team from Collector office interacting with adolescent girls at Vidhyashram



15th July, 2025, Kalvi Valarchi Naal celebrated in memory of Former Chief Minister of Tamilnadu, Thiru. K.Kamarajar



15th August, Independence Day



The continued support of the ASHA for Education, is ensuring the best possible care for children living with or affected by HIV. The progress achieved so far reflects significant improvements in health, emotional balance, and self-confidence. Today, the beneficiaries grow up in a stable, nurturing, and inspiring environment that provides them with the tools for full development, socially, physically, academically, and in terms of health.

The continuation and strengthening of Vidhyashram, would not be possible without the invaluable support of the ASHA for Education, whose commitment and trust make it possible every day to offer these children a future filled with dignity and hope.

With sincere thanks for your continued trust and support.