

STORIES OF HOPE-II

From Abandonment to Ambition: Anna's Inspiring Journey



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Anna's Journey: From Abandonment to Hope

Anna's story showcases her resilience, personal growth, and the profound influence of kindness. At just 9 years old, her life was turned upside down when her parents left her. With no family to rely on, she found refuge at Prayas Children Home for Girls (PCHG), a safe haven for vulnerable children. The trauma of her abandonment left Anna feeling lost, distrustful, and pessimistic about her future.

A Fresh Start at Prayas

When Anna arrived at Prayas, she was quiet and withdrawn, her eyes reflecting deep sadness. The staff at Prayas understood that healing required time and consistent support. They established a nurturing environment focused on safety and unconditional love. In the beginning, Anna struggled to connect with others, often isolating herself and refusing to join activities. Recognizing her need for individualized care, the staff adapted their approach, encouraging her to express her feelings through creative outlets like art therapy and dance.

Steps Toward Healing and Growth

Gradually, Anna began to open up. With the gentle guidance of dedicated counselors and caregivers, she started to share her fears and sadness. They employed various therapeutic methods to help her work through her trauma and understand that her past did not dictate her future. Each counseling session helped Anna gain strength and confidence. The supportive environment at Prayas and its focus on mental health were essential for her healing. Staff members celebrated every small achievement—whether it was her first smile in weeks, participating in a group activity, or simply expressing her thoughts. Each success, no matter how minor, contributed to her recovery.

Education as a Pathway to Empowerment

Recognizing her potential and eagerness to learn, Anna was enrolled in a non-formal education program. Initially, she struggled to focus and often felt overwhelmed by academic demands. However, her teachers were attentive to her unique needs and provided personalized support, creating a conducive

learning environment tailored to her pace. Over time, Anna rediscovered the joy of learning. Her natural curiosity, previously suppressed by her trauma, began to shine through. With encouragement from her teachers and their innovative teaching techniques, Anna's enthusiasm for education flourished. Her progress in the non-formal education program was notable, and soon she was ready to transition to a formal school. Despite facing challenges, Anna excelled academically, achieving an impressive 84% in her Class 10 board exams, which reflected her determination and the unwavering support from Prayas. Although Class 12 presented new pressures, Anna persisted and graduated in the science stream with a respectable 70%.

A Promising Future Awaits

Today, Anna stands on the cusp of a new chapter in her life. Her resilience and the strong foundation provided by Prayas have opened the doors to one of the top colleges in the National Capital Region (NCR), where she plans to pursue a Bachelor of Physiotherapy (BPT). This field, centered on healing and rehabilitation, mirrors Anna's own journey and her desire to help others navigate their physical and emotional challenges.

The Impact of Prayas on Anna's Transformation

Anna's transformation from a frightened, abandoned child to a confident young woman is a testament to hope and healing, made possible by the dedicated efforts of Prayas. This organization offered her not only shelter but also a strong foundation built on empathy, care, and empowerment. By addressing her emotional needs, fostering her educational development, and helping her rebuild her self-worth, Prayas played a crucial role in her journey from trauma to triumph. Today, Anna is not merely surviving; she is thriving. Her story serves as a powerful reminder of the profound effect a compassionate and supportive environment can have on a child's life. With the help of Prayas, Anna has overcome her past and is now looking forward with hope. She has a purpose and a bright future ahead.