

I am Thangavelayudam Sajeepriyan, and I'm 28. I live in Thaneerutru, Mullaitivu district, at 22. There are 5 members in my family. My family is living in an economic struggle every month, trying to scrape enough money to fulfill the most basic needs of our family. My Mother works hard in labor-intensive jobs to make ends meet for us. I have completed my secondary study at Jaffna University. In such trying times, I saw an opportunity to help in my village by providing evening tuition classes to the younger students.

The history of my village was that of a warzone area which left the people economically challenged even after the war ended 14 years ago. My family situation, economic vulnerability, and the shortage of jobs further exacerbated my frustration and knocked me down from my ambitious dreams.

Providentially, a project n was introduced by 'Family Rehabilitation Centre in our village. Seeing this as a chance to make something of myself, I decided to participate and take benefit from the program.

The 30 days of intensive training taught me the significance of psychosocial well-being and how to improve my communication skills. With the newfound knowledge and skills, I started back my tuition classes for the village and was surprised to find out that many of the children were struggling with the same issues I had. Some were carrying trauma and unbearable stress from their war-ridden memories, which further affected their psychological ability to learn.

I was determined to help them in any way that I could. With my training, I could relate to them better and understand how to help them cope with their psychological issues. Through my classes, I taught them how to be mindful and build their psychosocial well-being. I also guided them toward other counseling services available to them.

After much hard work and dedication, I am happy to witness outstanding outcomes from the tuition classes myself. The children have developed a better understanding of how to take control of their lives, and at the same time, there has been a considerable rise in their academic performance. Further, I have a chance to become a Befriender to support my community and individuals who have very limited knowledge of psychosocial well-being and related resources.

This experience has taught me a valuable lesson on how to carry out a cause to help others and the feeling of satisfaction that I get from it. I am now much more optimistic about the future and am grateful for the knowledge and training I received from the program.