



**PRASAD**<sup>®</sup>  
holistic | sustainable | life-changing



## 2025 SPRING NEWSLETTER



### Happy Spring!

I have just returned from an inspiring and productive visit to our programs in India. While I'm always aware of the impact of our work in the Tansa Valley, it was especially uplifting to witness firsthand PRASAD Chikitsa's sustainable, holistic efforts and meeting the people who receive our services.

Navigating the rural, bumpy roads to visit various programs was eye-opening. It was striking to see the arid landscape as the region transitions deeper into its dry season, awaiting the refreshing monsoon. The positive impact of PRASAD's programs was evident. I could clearly see the contrast between barren farms and those flourishing thanks to our kitchen garden and orchard initiatives. In schools, newly built toilets replacing outdated facilities provide students with dignity. I also observed a renewed sense of self-esteem and hope among the women involved in the Self-Help Groups (SHGs) as they embark on new business ventures that enhance their families' lives. Additionally, children in our Nutrition Program eagerly receive essential nutritional support, and our tree plantation initiative is also thriving and contributing to the region's environmental restoration.



I particularly love following up with people who have partnered with PRASAD over many years, taking advantage of many services to improve their lives in various ways. Sunita's story is one such example of how individual effort combined with your support has transformed a family's life (*read her story inside!*).

Our other two programs also showcase sustainability and transformative services. PRASAD Children's Dental Health Program provides healthy smiles to low-income children in New York. Additionally, volunteers from PRASAD de México are helping to restore the sight of children and adults in need.

Although our programs differ, they share the core values of PRASAD that I cherish: respect, dignity, and generosity, while ensuring the sustainability and impact of our services. This is all possible because of your generous support. We are incredibly grateful for your partnership!

Sincerely,

Dr. M Cecilia Escarra  
Executive Director



## Sunita's Journey: From Struggles to Success

Sunita's family primarily relied on agriculture during the rainy season, while her husband Prakash worked multiple jobs, including taxi driving, to make ends meet. Finances were a constant source of stress.

That began to change in 2016 when Sunita joined our Self-Help Group (SHG) program. A \$360 loan from her SHG helped her start a grocery store, and, with PRASAD's support she bought a refrigerator—boosting sales and earning her \$36–\$48 a month.

Her journey didn't stop there. PRASAD helped her build a family toilet and provided a sewing machine, which she used to start a small tailoring business, adding \$10 to her monthly income.

In 2024, Sunita expanded again – this time with a flour mill, which further eased financial stress, bringing in an additional \$21 monthly.

**Looking back, Sunita proudly says, “Thanks to PRASAD Chikitsa and the SHG, I'm finally standing on my own two feet and supporting my family.” Her story exemplifies the power of support and personal determination, leading to a brighter future.**



## A Heartfelt Journey of Recovery with Anil

Anil, a 44-year-old man, faced significant health and well-being challenges. As a laborer, he worked tirelessly to support his family, including his two young sons who are still in school. With his household relying solely on his earnings, financial struggles were a constant burden.

Last year, Anil, diagnosed with tuberculosis, was in very poor health, making him unable to work. Concerned, he sought help from PRASAD Chikitsa, where the medical team conducted thorough examinations and gave him the necessary medications. PRASAD Chikitsa monitored Anil's progress with regular follow-ups, and Anil dedicated himself to recovery. Remarkably, after five months of treatment, his symptoms have significantly improved, and his weight has increased from 42 kg (93lbs) to a healthier 50 kg (110 lbs). He is on track to complete his treatment this month and return to work.

## OVERVIEW OF PRASAD CHIKITSA'S CORE SERVICES

### 31 YEARS OF SUSTAINABLE WORK

Healthcare: 2,060,000 visits

Milk & Nutrition Program: 1,540,300 servings

Eye care: 272,757 services

Kitchen Gardens: 11,330 planted

Arts & Crafts: 170,400 youth participants

Self-Help Group training: 18,240 women participants

Tree Planting 172,767 saplings distributed

Floriculture: 131,121 saplings distributed

Family Toilets: 1,035 built

Services provided since the inception of each program through December 31, 2024.



### HEALTHCARE

- Eye Hospital
- General and Specialized Medical Center
- Family Health Center
- Mobile Hospital
- HIV/AIDS Clinic



### COMMUNITY DEVELOPMENT

- Women's Self-Help Groups
- Education
- Arts and Crafts
- Sanitation
- Water Access
- Environmental Conservation



### AGRICULTURE PROGRAMS

- Fruit Orchards
- Floriculture
- Kitchen Gardens
- Indigenous Rice Seeds
- Organic Farming

# PRASAD CHILDREN'S DENTAL HEALTH PROGRAM AND PRASAD DE MEXICO



## PRASAD de México

In rural Mexico, access to specialized medical care, such as eye surgery, is often a luxury that most cannot afford. Conditions like cataracts and strabismus (crossed eyes) are common. By addressing these issues, PRASAD not only restores vision but also offers individuals the opportunity for a happier life. Juan Diego a young person who underwent surgery to correct his crossed eyes, expressed it best: *“Everything has changed for the better!”* **Since its inception in 1996, PRASAD de México has held 222 eye camps and performed free eye surgery on over 35,600 adults and children.**



## PRASAD Children's Dental Health Program

How many kids do you know that LOVE going to the dentist? When it comes to PRASAD's Mobile Dental Clinic, the answer is MOST OF THEM! "From the moment it parks," a local New York teacher shares, "kids light up."

Improving dental health is the mission of PRASAD Children's Dental Health Program, and positive patient experience is the key to building life-long care habits. *"I see children getting not only much-needed dental care, but also an experience of kindness that makes them glow,"* the teacher continues. Your support provides dental education, prevention, detection, and treatment for children in Sullivan County, New York who otherwise would not have access to critical dental care.

**Since 1998, PRASAD CDHP has conducted 35,000 dental visits, provided 104,600 dental procedures, and delivered dental health education and oral hygiene supplies to over 100,000 children in Sullivan County, New York.**



# WHAT'S NEXT FOR PRASAD

## PRASAD

### BOARD OF TRUSTEES

Vivek Panchapakesan, Chair  
Jyotika Patel, Treasurer  
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We are committed to ongoing improvement and collaboration, ensuring the sustainability of all of our programs as we strive to fulfill PRASAD's vision of healthy communities thriving in harmony with the natural environment.

**In the U.S. at PRASAD Headquarters:** We will continue to strengthen our organization's structure, and improve operations while enhancing our capacity to provide strategic and operational support for our global programs.

**In India at PRASAD Chikitsa:** Our goals include increasing access to medical services, expanding the Nutrition Program, assisting more families in establishing kitchen gardens, planting a significant number of trees, distributing jasmine saplings to local farmers, and supporting families in building toilets, along with other essential services.

**In the U.S. at PRASAD CDHP:** Our primary goals include early prevention and detection, expanding access to dental care for more children and enhancing community awareness of good oral health and healthy eating practices.

**In Mexico at PRASAD de México:** By partnering with local government and institutions, the volunteer team will continue to provide free eye surgeries for low-income children and adults in rural areas of Mexico.

## YOUR SUPPORT IS ESSENTIAL TO OUR MISSION

In this time of economic uncertainty and challenges in our service areas, your support is even more crucial to helping us achieve our objectives. Your contributions have a transformative impact, influencing not only the recipients but also those who give and deliver services. The benefits of your generosity go beyond the individual, as people who receive our services share their newly acquired skills and enhanced lives with their families and communities.

By supporting PRASAD's mission, you help uplift the lives of marginalized populations while also creating a meaningful impact of your own. We encourage you to make a spring contribution of rejuvenation or consider becoming a PRASAD Partner (monthly donor) to have year-round impact. Thank you for your continued support!

Please mail your gift to the address provided or visit [www.prasad.org](http://www.prasad.org) today to donate online!



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