



**PRASAD**  
holistic | sustainable | life-changing



## 2024 FALL NEWSLETTER

### PRASAD

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### PRASAD IS HOLISTIC, SUSTAINABLE AND LIFE-CHANGING

**Greetings from PRASAD!** As we move into the final quarter of the year, we are thrilled to share updates on our programs and express our gratitude for your generous donations. Your support is vital to helping us realize our vision of healthy and prosperous communities that coexist harmoniously with the natural environment.

This year, PRASAD Chikitsa is commemorating its 30th Anniversary alongside communities in the Tansa Valley. During July, our anniversary month, PRASAD Chikitsa conducted free health camps in villages and schools, inaugurated toilets in three schools, community wells in three villages, and distributed 300 water filters, among other initiatives. Here in the U.S., we also celebrated with a successful open house event in Oakland, CA, and we have more events planned for the remainder of the year.

PRASAD Chikitsa began its journey in the Tansa Valley with a mobile hospital that provided healthcare services to remote tribal communities, along with eye camps that restored sight to thousands. Today, our programs in India have expanded to offer a wide range of healthcare and community development services, primarily focused on improving the lives of low-income tribal people. A shining example of this impact is Gayatri, whose determination along with PRASAD's support has significantly improved her family's financial situation (*read her story inside*).

We are also pleased to share updates on PRASAD's Children's Dental Health Program, which has expanded its services to reach more children in need, and our dedicated PRASAD volunteers in Mexico, who continue to provide free eye surgeries to hundreds of children and adults annually. Meanwhile, our fundraising teams in Australia, France and Spain are making significant strides in raising awareness and funds to support our initiatives in India.

Thank you for being an essential part of our journey!

Sincerely,

Dr. Vivek Panchapakesan  
Board Chair

Dr. M. Cecilia Escarra  
Executive Director

# OUR GLOBAL WORK SERVING THOSE IN NEED

We are making significant progress toward our goals to expand the range of services we offer. Below is a list of the services provided from January to August of this year.



## INDIA

Total Medical Visits: **22,700**

Eye Surgeries: **296**

Nutrition Program: **64,900 servings**

Tree Planting: **89,000 fruit and forestry saplings**

Floriculture: **10,800 saplings distributed**

Women in SHGs: **2,930 participants**



## U.S.

Dental Health Education & Services: **2,100 children**

Dental visits: **760**

Dental procedures: **2,600**



## MEXICO

Free Eye Surgeries: **516 children and adults**

## PRASAD PROGRAMS CONTRIBUTE TO ACHIEVING THESE UNITED NATIONS SUSTAINABLE DEVELOPMENT GOALS



For example, we actively contribute to Goal 1, No Poverty, through our Women's Self-Help Groups (SHGs), kitchen gardens, floriculture, and fruit orchard initiatives. Participants in these programs enhance their food security and incomes, leading to improved health and a higher quality of life.





# STORIES FROM PRASAD

PRASAD takes a **HOLISTIC** approach to create **SUSTAINABLE** programming in collaboration with the communities we serve, resulting in **LIFE-CHANGING** impact across generations.



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## Gayatri's Journey of Empowerment and Resilience

In the serene village of Pendharipada, Gayatri and her husband Ganesh worked tirelessly, yet financial challenges often loomed over their daily lives.

In January 2019, everything began to shift when Gayatri joined a PRASAD Chikitsa Self-Help Group (SHG). She received 45 mango, sapota and jamun saplings, which she planted on her land. Impressed by her dedication, PRASAD Chikitsa also enrolled her in the Kitchen Garden program and equipped her with a farm well and 500 jasmine saplings.

Eager to enhance her family's financial situation, Gayatri borrowed \$130 from her SHG to purchase seeds for a variety of vegetables. Through hard work and determination, her garden and flower orchard thrived, allowing her to sell her harvest at the local market. As a result, her family's monthly income increased from \$70 to \$110, marking a significant improvement in their financial stability.

Reflecting on her journey, Gayatri said, *"Thanks to the support I received, I've become self-reliant. We now enjoy fresh vegetables every day, and I can contribute to our household. This is just the beginning of a brighter future for us."* Through her newfound independence, Gayatri not only nourished her family but also planted seeds of hope in her community.



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## The Miracle of Regaining Sight and Independence: Luisa's Story

Humble and frail, Luisa had spent years in darkness, relying entirely on her grandson for care. Volunteers from PRASAD de Mexico performed free eye surgery on her. As the doctor carefully removed the bandages from her eyes, Luisa squinted as vibrant shapes and colors began to appear, and tears of joy streamed down her cheeks. *"I can see again!"* she exclaimed, overwhelmed with emotion. *"Now my grandson can return to school instead of taking care of me."*



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## Bright Smiles: The Benefits of a Positive Dental Experience

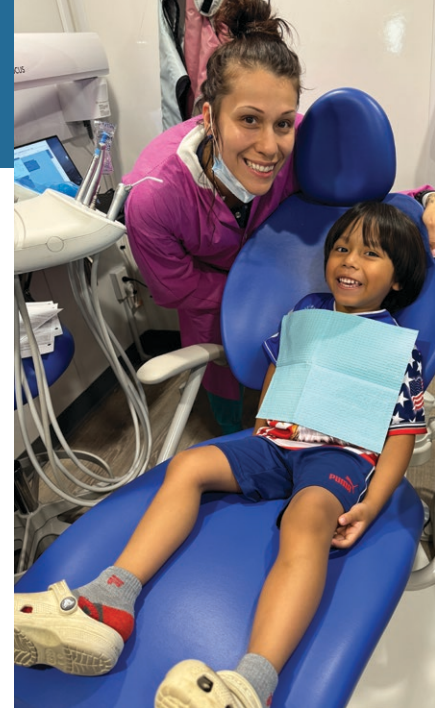
Creating positive experiences in dental settings is crucial for our children, as it helps prevent a lifetime of fear and apprehension as they grow into adults. A parent recently shared their experience at our dental clinic, she said *"The doctor and staff were exceptionally welcoming and attentive, taking the time to explain everything in detail. They showed my daughter each tool they would be using and demonstrated how they worked. I highly recommend PRASAD for anyone seeking a supportive and engaging dental environment!"*

# WHAT'S NEXT FOR PRASAD

Our goals for the next year for **PRASAD Chikitsa** in India are to continue delivering medical services, providing nutritional support to 550 children at village care centers, helping 400 families start kitchen gardens, planting 100,000 trees, distributing 15,000 jasmine saplings to farmers, and helping 100 families build toilets, among other services.

In the United States, **PRASAD's Children's Dental Health Program** aims to expand access to dental health education and increase clinic days to serve approximately 4,000 children in 2025. Our goals include enhancing access to dental care, reducing the rates of untreated tooth decay, and raising awareness about the importance of good oral health and healthy eating habits within our community.

In the coming year, **PRASAD de Mexico** aims to provide free surgeries to approximately 1,000 children with strabismus and adults with cataracts by organizing free eye surgery camps in rural areas of Mexico.



## SUPPORTERS OF OUR URGENT APPEAL: THANK YOU!

This past May, we reached out to many of our supporters with an urgent appeal to help us expand PRASAD Chikitsa's Mobile Hospital efforts. We sincerely thank all of you who responded to this urgent appeal – an appeal that has helped patients like Sharda—a visit saved her life! The health team was able to diagnose Sharda's diabetes in time for favorable treatment. She now enjoys a better quality of life and expressed her gratitude, stating, *"For a poor, elderly patient like me, PRASAD Chikitsa is a boon. I am pleased with the treatment, which has shown excellent results"*

There are still many patients we need to assist. If you have yet to extend a helping hand to support the mobile hospital in expanding its reach to more communities, please respond today with your most generous gift possible.



## HOW YOU CAN SUPPORT PRASAD

In honor of PRASAD Chikitsa's 30th anniversary, we are thrilled to launch our Celebration Campaign! We would be incredibly grateful for YOUR support in spreading the word as we strive to raise \$300,000. This funding is crucial for strengthening PRASAD's ability to secure the resources necessary to continue our important work and improve the future for those we serve each day. *A generous donor has already pledged \$100,000. Won't you help us raise the additional \$200,000 to achieve our goal?*

**MONTHLY GIVING:** Sign up to become a PRASAD Partner! When you make a monthly donation of \$20 or more, you'll receive a special 30th anniversary Warli Art 20oz insulated travel mug. as a thank you for your support. Join us in making a difference!

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



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