



# GREETINGS FROM PRASAD!

The beginning of a new decade is an exciting time to look back, celebrate milestones, and learn. It is also a time to set new goals for the years ahead. With this intention, in 2019, we started a review of our programs, assessing the needs of each area of service in order to plan for the next ten years.

Then the unexpected happened: the COVID-19 pandemic changed our world and has impacted each one of us no matter our circumstances. So, now, we start our mid-year update with the hope that spring and summer bring health and rejuvenation for all.

The outbreak has been difficult and stressful, especially for those who rely on services like ours to survive and thrive. For them and many others across the globe, living will be harder because need and inequality will be even greater.

In this unprecedented, difficult time we must ask ourselves: How can we help?

The answer is **leadership, generosity and action.**

We are grateful to our staff, supporters and volunteers who continue to do so much.

## PRASAD COVID-19 Relief Efforts

**At PRASAD Children's Dental Health Program**, Dr. M. Cecilia Escarra, PRASAD Project Executive Director, is working with the Sullivan County Public Health Advisory Board to provide relief efforts in the community. We also donated Personal Protective Equipment (PPE) to the hospital in Sullivan County, NY. And while we have been forced to temporarily close our Mobile Dental Clinic, we have established a 24/7 advice hotline for calls from concerned parents.

**At PRASAD Chikitsa**, we are focusing on food security and PPE. In April and May, we are delivering 3,000 Family Food Packages to 1,000 indigenous Adivasi families who are day workers that currently have no income. Our Women's Self-Help Group members are making face masks in their homes and staff are distributing them in the community. The Anukampaa Health Center general out-patient department is limited to being open six half-days a week.

**PRASAD de Mexico** has cancelled all eye camps for the time being and is exploring other ways to help. Our PRASAD licensees in Australia, France and Spain are supporting relief efforts in India.

Our sincere thanks to all of you who have given a special gift to the COVID-19 Emergency Fund! We are grateful and inspired. Your support has provided PPE to healthcare workers in New York City and Sullivan County; helped PRASAD Chikitsa's Health Center; and contributed to food distribution in the Tansa Valley.



## A Visit to PRASAD Chikitsa

PRASAD's Annual International Meeting this year was particularly timely and inspiring. Our group travelled to India prior to the global spread of COVID-19, so we were lucky to still be able to meet and speak with people face-to-face. We visited Tansa Valley programs in action, met with recipients and program staff and were updated on preliminary results from a recently conducted needs assessment.



Attendees from The PRASAD Project, PRASAD Chikitsa, PRASAD Australia, PRASAD France & PRASAD Spain

## A Holistic Approach Brings Real Transformation

The challenges faced by the people of the Tansa Valley, most of whom are indigenous Adivasi, are many and varied and can impact generations. The hallmark of PRASAD Chikitsa programming is its holistic approach - a focus on the whole person and the many types of support needed to become self-reliant and thrive in dignity. Read Sakhu's Story for a wonderful example of how a carefully curated selection of programs can support a family at every turn, inspiring personal effort and helping them to build resilience and take advantage of opportunity. Our programs have improved many lives, but together we can do more.

To plan for the next 10 years, we commissioned a Needs Assessment to better understand individual and community needs, review the impact of PRASAD's work, and identify service gaps.

Our first report, a baseline, along with more of what we learned during our field visit will come out later this year.

We look forward to sharing this with you!







## Sakhu's Story

Sakhu is a 45-year-old farmer who lives in Gothanpada village with her husband Ravindra and son Avinash. Because she has had good experiences with several PRASAD programs, she is an enthusiastic champion in her community.

Sakhu's first encounter with PRASAD Chikitsa was through our Mobile Clinic. Desperately seeking care for her 2 ½-year-old son who was in constant pain, Clinic staff quickly diagnosed Avinash with an umbilical hernia and sent him to a local hospital for life-saving surgery.

***“Because of PRASAD Chikitsa, my son is alive and is now 21 years old. Even though I could go to other doctors, I only trust treatment and medicines from PRASAD Chikitsa” - Sakhu***

Through continued engagement with PRASAD Chikitsa, Sakhu joined the Ambika Women's Self-Help Group, where she received financial, entrepreneurship and health awareness training and participated in bettering her community through village tree planting and clean drinking water projects sponsored by Ambika. She also found a community of women who encouraged and supported her dreams.



Sakhu dreamed of planting fruits and vegetables to sell at market but was limited to farming rice during the monsoon season because she didn't have enough water. When she joined the Agriculture program, our team helped her construct a small well to collect monsoon rainwater, trained her on crop management and provided mango saplings and vegetable seeds to diversify her crops, as well as indigenous rice seeds to increase her harvest. Sakhu now cultivates two bountiful crops a year!

The work is hard – by day, Sakhu sells vegetables in two local markets, and, in the evenings, she works her farm using a flashlight. But, for Sakhu, it's worth it. She can provide nutritious food and a significant source of income - \$27 a week - for her family and is now more independent. She has the freedom and confidence to make her own decisions.

***“When I joined the SHG I was encouraged, and my confidence increased. Before, I couldn't leave the house. Now, thanks to PRASAD's trainings and the group meetings, I go out and enjoy time with other women. I am determined and always enthusiastic.”***

## Tree Planting Pilot

Thanks to your support, farmers will plant and nurture 4,800 trees this spring, kicking off our aim of 15,000 trees in three years! The goals are to help low-income farmers increase their incomes now and ensure a replenished forest in the future, rebuilding environmental and economic sustainability in the Tansa Valley. [Learn more here.](#)





## 2019 Successes



## Program Growth January 2019 Through February 2020

PRASAD Chikitsa, India	
Agriculture – 10 programs	Participants grew by 505, bringing program total to 1,500.
Women’s Self-Help Groups	650 new participants and 65 new groups established; bringing program totals to 3,255 participants and 283 SHGs
Traditional Arts & Crafts	Participants grew by 1,968; bringing program total to 3,642
Sanitation	137 toilets built; bringing program total to 494
Tree Planting	1,818 planted; bringing program total to 23,645
Kitchen Gardens	351 new gardens cultivated; bringing program total to 10,527
Healthcare Visits	48,000+ Medical Center visits; 3,300+ Mobile Hospital visits; 10,600+ health camp and awareness talk participants, equaling 62,000+ impacted by medical services.

PRASAD Children’s Dental Health Program, U.S.A.
5,064 students received dental health education, and the dental clinic had 1,048 visits; bringing program education and dental visit totals to 89,064 and 28,248.
PRASAD de Mexico
Seven eye camps were held in three rural states, providing free eye surgery to 1,153 children and adults; bringing program totals to 207 camps and 33,450 free surgeries.

\*Program Total = total since program inception

## The PRASAD Project

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## YOUR SUPPORT IS MORE IMPORTANT NOW THAN EVER

2020 has been disruptive and the impact of COVID-19 overwhelming. We have had to shutter or provide drastically reduced versions of many of our essential programs. This means that, ***when we re-open our programs at full capacity, the need will be even greater than normal because health issues and economic instability will have compounded.***

We believe great learning and growth happen in challenging times, and we are optimistic. But ***we must prepare now to hit the ground running, and, to do this, we need your help.*** Please consider giving your end of year gift now or becoming a PRASAD Partner (monthly donor), if you're not already.

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

Wishing you and your family good health and prosperity.

With Gratitude,

The PRASAD Project Board of Trustees and Executive Director

P.S. Special New Tax Guidelines for Charitable Donations: For the 2020 tax year, taxpayers can take an above-the-line charitable deduction of up to \$300 for certain charitable contributions. In addition, for 2020, the deduction available on cash contributions to charitable organizations has been increased from 60 percent of a taxpayer's AGI to 100 percent. (Contributions to donor-advised funds are not eligible.) For corporations, the deductibility of cash contributions has been increased temporarily from 10 percent to 25 percent of taxable income.



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