



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



## 2024 SPRING NEWSLETTER

### PRASAD

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Dr. M. Cecilia Escarra

P.O. Box 576  
Ferndale, NY 12734  
845-434-0376  
Email: [prasad@prasad.org](mailto:prasad@prasad.org)  
Visit us at [www.prasad.org](http://www.prasad.org)

As the vibrant colors of spring infuse nature with renewed vitality, we are delighted to provide updates on our organization and commemorate another significant milestone: the 30th Anniversary of PRASAD Chikitsa! We extend our heartfelt gratitude to our donors, staff, and volunteers whose steady support has been instrumental in making the work possible.

The significance of PRASAD Chikitsa's anniversary lies not only in the longevity of the organization but also in its evolution. Over three decades, it has expanded its scope from providing basic services to a holistic approach encompassing comprehensive healthcare, agriculture, and community development services.

By focusing on low-income tribal populations, PRASAD Chikitsa demonstrates its dedication to reaching some of the most vulnerable members of society. Through its sustained efforts, the organization has become a lifeline for thousands of people, providing essential services that improve health outcomes and foster community resilience.

Among PRASAD Chikitsa's pioneering healthcare endeavors is the Mobile Hospital. It has provided access to healthcare for more than 1,000,000 individuals like Seema, whose story stands as a testament to the transformative impact of PRASAD Chikitsa's work.

*Seema grew up in a remote village where transportation was limited and access to healthcare was unavailable. Seema's childhood took a tumultuous turn when she fell seriously ill. Her family worried when the Mobile Hospital doctors diagnosed her with a life-threatening heart condition. PRASAD acted immediately to get Seema the help she needed. It was a difficult moment, but thanks to this timely intervention, Seema's life was saved. Years passed, and Seema grew from a fragile child into a woman. Amidst life's challenges, she finds gratitude in simply being alive, thanks to PRASAD.*

As the world continues to face evolving challenges, PRASAD must remain adaptive, continuously striving to improve its impact. An anniversary is not only a celebration of past achievements but also a call to action for the future, inspiring a renewed commitment to serving those in need. Your ongoing support will ensure that 2024 is another successful year for PRASAD...thank you!

Warm regards,

Thomas Korula  
Board Co-Chair

Dr. Vivek Panchapakesan  
Board Co-Chair

Dr. M. Cecilia Escarra  
Executive Director





# CELEBRATING PRASAD CHIKITSA'S 30th ANNIVERSARY!

Located in India's Tansa Valley, PRASAD Chikitsa serves 265,000 indigenous tribal people across 225 villages. Even before its official incorporation, PRASAD Chikitsa began its work by providing milk to malnourished children and delivering health care services to tribal villages in remote areas with one of the first mobile hospitals in Maharashtra, India. Over the years, PRASAD Chikitsa has expanded its services to benefit millions of people in programs such as:

## HEALTHCARE

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

## COMMUNITY DEVELOPMENT

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

## AGRICULTURE PROGRAMS

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



## 30 YEARS SERVING THOSE IN NEED

**Mobile hospital: 1,069,098 visits**

**Milk & Nutrition Program: 1,414,250 servings**

**Eye care: 261,057 procedures**

**Medical Center: 1,005,124 visits**

**Achieved a 95% cure rate for TB**

**Kitchen Gardens: 11,030 planted**

**Arts & Crafts: 154,558 youth participants**

**Self-Help Group training: 17,400 women**

**Tree Planting & Floriculture: 174,476 saplings distributed**



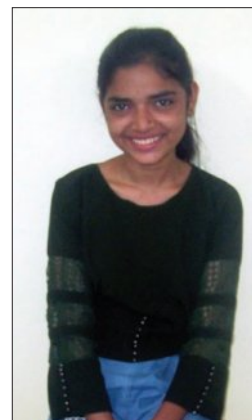
### Seeds of Prosperity: Cultivating Livelihoods Through Support and Hard Work

A farmer, Jairam Gava, earns his livelihood and supports his family managing 3.5 acres of land. His crops vary with the seasons, cultivating rice paddy during the monsoons and beans and peas in the winter.

In 2019, Jairam's journey took a transformative turn when he joined PRASAD Chikitsa's Orchard program and received 30 fruit tree saplings including mango, cashew, sapota, and guava. Diligently nurturing these plants, he watched them grow and eventually harvested fruits to sell. He also enrolled in the Kitchen Garden Program, bolstering his family's nutrition and providing vegetables to take to market.

In 2023, Jairam sowed indigenous rice seeds from PRASAD Chikitsa. The harvest was unexpectedly bountiful. These activities have nearly quadrupled Jairam's annual income, increasing it by around \$846. Reflecting on his journey, Jairam emphasized the crucial role of PRASAD Chikitsa, particularly in providing high-quality indigenous rice seeds that substantially increased his yield and the improvement of his family's dietary diversity and financial stability.

### Pranali's Triumph: Healing with Compassionate Care



Pranali, a vibrant college student, battled a persistent cough, fever, and chest pain for more than a week. Concerned for her well-being, her father took her to PRASAD Chikitsa. Upon arrival, the doctors conducted a thorough examination and tests. The results revealed a diagnosis of Pulmonary Tuberculosis. Without delay, Pranali commenced a six-month treatment regime accompanied by regular

home visits from PRASAD's outreach worker. Throughout her treatment, Pranali showed remarkable improvement. Not only did she regain her health, but her weight also increased from 36 kg to 40 kg. Pranali shared "The compassionate care provided by the PRASAD team alleviated my fears, making my treatment surprisingly easy and effective."

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



## PRASAD Children's Dental Health Program

In Sullivan County, New York, PRASAD Children's Dental Health Program (PRASAD CDHP) provides dental health education and comprehensive dental services to thousands of low-income children annually. 2024 has gotten off to a great start! PRASAD CDHP has launched a new, state-of-the-art mobile dental clinic thanks to a generous grant from the Mother Cabrini Health Foundation. The new dental clinic is better equipped to serve the community.

**Since 1998, PRASAD CDHP has provided 95,000 toothbrushes, completed 32,000 dental visits, and performed more than 99,000 dental procedures.**

## PRASAD de Mexico

PRASAD de Mexico partners with local sponsors, hospitals, and volunteer doctors to hold Eye Camps in rural areas of central Mexico, providing free eye surgery to remove cataracts in adults and correct eye alignment (crossed eyes) in children.

**Since 1996, PRASAD de México's volunteer surgical teams have restored the sight of 34,800 adults and children through free eye surgery.**



# WHAT'S NEXT FOR PRASAD



Looking toward the future, our focus remains on growth, collaboration, and sustainability for all our programs, as we strive to fulfill our vision of healthy communities thriving in harmony with the natural environment.

**In the U.S. at the PRASAD Headquarters:** Enhance operations, increasing our ability to provide strategic and operational support to our global programs and to ensure PRASAD's vision for the future.

**In India at PRASAD Chikitsa:** Expand the Nutrition Program, increase the number of medical services by recruiting additional doctors; empower more women to start SHGs; improve access to water, implement large-scale tree planting initiatives; and assist families in improving food and income security, among other activities.

**In the U.S. at PRASAD CDHP:** With the opening of our new dental clinic, our primary goals include recruiting additional staff, expanding accessibility to dental care for more children, and raising community awareness about good oral health and healthy dietary practices.

**In Mexico at PRASAD de Mexico:** Organize eye camps to provide free eye surgery to hundreds of low-income children and adults in rural areas of Mexico.



## YOUR SUPPORT IS CRUCIAL

**To achieve these initiatives, we need to raise an additional \$300,000 this year.** We are looking to the generosity of supporters like you to help us reach this goal.

By contributing to our programs, you're not just helping vulnerable communities – you're also enhancing lives in profound ways. As we strive for another successful year, we invite you to join our global community by making a spring gift of rejuvenation or becoming a PRASAD Partner, our monthly donor program, if you are not already. Together, we can make a difference. Thank you for your generosity and compassion!

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



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Visit us at: [WWW.PRASAD.ORG](http://WWW.PRASAD.ORG)

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