



Dear Friends,

We are deeply grateful for your continued support of The PRASAD Project's mission to empower people in achieving lives of self-reliance and dignity. To meet the needs of the communities in India's rural Tansa Valley, PRASAD Chikitsa offers comprehensive health care, including a six-day-per-week nutrition program especially designed to rescue severely malnourished children.



PRASAD helps to establish sustainable communities through programs like women's empowerment groups, teaches residents to run income-generating businesses and provides access to clean water and sanitation.

In Mexico, PRASAD offers free eye surgeries through PRASAD de México. PRASAD provides dental services to underprivileged children in the U.S. through PRASAD Children's Dental Health Program.

We invite you to support PRASAD's work by joining us as a PRASAD Partner, or monthly donor. If you are already a partner, thank you, and please consider increasing your pledge. Help us to reach our goal of 100 new partners this year by encouraging friends and family to support our work. Your gift can transform the lives of those in desperate need.

Sincerely,  
The Board of Trustees and Executive Director

**PRASAD (PHILANTHROPIC RELIEF  
ALTRUISTIC SERVICE AND DEVELOPMENT)**

## 2018 ANNUAL NEWSLETTER

### CREATING A BRIGHT FUTURE Supporting youth in the Tansa Valley

If you empower the youth, you create a pathway for them to build healthy, sustainable communities. PRASAD Chikitsa is committed to engaging, supporting and encouraging children and youth in the Tansa Valley to ensure that they become conscious stakeholders in their future.

At PRASAD school health camps, students have direct access to doctors who provide primary health care, vitamins and medication free of charge, and, where needed, referrals to medical centers for further examination.

Education is essential to escaping the cycle of poverty. Secondary schools in the Tansa Valley are few and far between, and from most

villages students must walk nearly six miles a day to attend. For girls, walking this distance just isn't safe; it is the main reason many stop going to school after primary school. Because of PRASAD Chikitsa's advocacy with the local government, public transportation is now available in the villages of Ganeshpuri and Vajreshwari. Young girls are once again attending secondary school, giving them a real chance at a viable opportunity for the future.

PRASAD's Career Guidance Program helps students discover new interests and a broad range of career paths. This program is unique in the rural Tansa valley, there are no other sources of information for students to learn about options for the future.

### BECOME A PRASAD PARTNER.



#### DONATE TODAY

Your monthly donation will strengthen our programs now and into the future. Help us invest in the children and youth. Donate now at [www.prasad.org](http://www.prasad.org)



# DONATIONS IN ACTION



## MEDICAL SERVICES

PRASAD Chikitsa's healthcare facilities receive an average of 69,000 visits annually. For more than four decades, The Shree Muktananda Mobile Hospital has provided medical services to more than one million people living in rural India. Patients receive free examinations, treatment, and medications. We are committed to continuing to provide life-saving medical care to thousands of people every year.



## CLEAN WATER

Experts estimate that 75% of drinking water in India is contaminated. Drinking this water adversely affects one's health. Those most at risk are economically disadvantaged individuals. PRASAD Chikitsa has been actively installing water filters in households throughout the Tansa Valley. These specially designed filters eliminate the risk of water-borne diseases. Since 2015, PRASAD Chikitsa has distributed 630 filters. Help us to reach our goal of installing 250 more filters in 2019.



## EYE CAMPS

Cataracts are a major avoidable cause of blindness in developing countries, and cataract surgery is one of the most cost-effective health interventions available. Since the 1990s PRASAD Chikitsa has performed more than 16,000 eye surgeries. Today, PRASAD Chikitsa continues to screen and treat hundreds of patients every year for cataracts as well as other eye conditions. With your support our goal is to perform 700 eye surgeries in 2019.



# DONATIONS IN ACTION



## RESTORING VISION IN MEXICO

The link between poverty and poor health is one of Mexico's biggest challenges. A lack of access to quality eye care leaves thousands of underserved Mexicans blind from cataracts, impeding their ability to break the cycle of poverty. Since its inception, PRASAD de México has performed more than 32,000 free eye surgeries for adults and children. We are seeking to perform 900 sight-restoring surgeries in 2019.



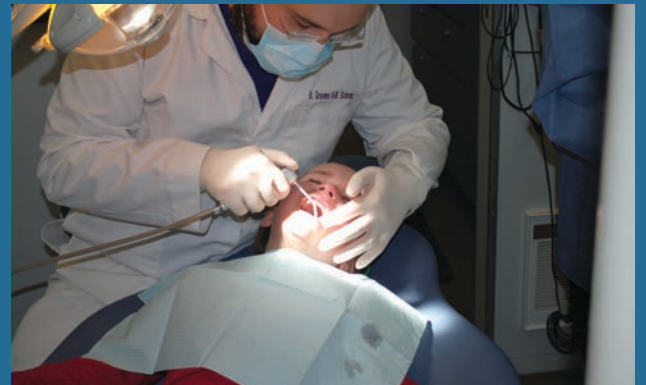
## PLANTING TREES

Deforestation in the Tansa Valley has had a significant negative impact on the environment. PRASAD Chikitsa's Social Forestry Program seeks to re-establish forest development by cultivating saplings at the tree nursery and distributing them to villages and schools to plant and grow in orchards. To date, PRASAD Chikitsa has planted nearly 22,000 saplings. Our goal is to plant 2,500 trees in 2019.



## SANITATION

Open defecation is a widespread problem in the rural villages in India, where many households do not have a toilet. PRASAD Chikitsa has installed 340 toilets to date, with an aim to install 150 more in 2019.



## DENTAL HEALTH

**PRASAD Children's Dental Health Program is celebrating 20 years of service.**

This year, PRASAD Children's Dental Health Program celebrated 20 years of service in one of the most underserved counties in New York State. In Sullivan County, 53% of third-grade students have untreated dental cavities, more than double the New York state average. This statistic illustrates the urgent need to continue providing children access to comprehensive and consistent dental care.

Since 1998 PRASAD Children's Dental Health Program has received more than 27,000 dental visits and performed more than 86,000 dental procedures. Our goal is to provide dental health education and dental care services to 3,500 children in 2019.



## The PRASAD Project

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## YOUR GIFT CHANGES LIVES

Your gift to The PRASAD Project funds innovative solutions that work to break the cycle of chronic poverty, helping to create opportunities and empower families, youth and communities to build healthy, resilient lives.

## HOW YOU CAN SUPPORT PRASAD

**MONTHLY GIVING:** Sign up to become a PRASAD Partner and, as a bonus, receive an elegant scarf, donated by Love Quotes™, on your one-year partner anniversary.

**MATCHING GIFTS:** Ask about your employer's matching gift program.

**HOSTING AN EVENT:** For more information visit our website at [www.prasad.org](http://www.prasad.org)

## HOW YOUR GIFT MAKES A DIFFERENCE

**\$25** provides medical visits for 12 people in India

**\$55** provides a Biosand water filter for a family in India

**\$100** provides a preventive dental visit for a child in the U.S.

**\$130** contributes to building a toilet for a family in India

**\$200** supports planting and care of 50 shade and fruit-bearing trees in India

**\$350** provides six eye surgeries in India

**\$400** sponsors a health camp for 200 school children in India

**\$900** provides nutritional supplements for 100 children for one month

Please donate to The PRASAD Project, so we can help where it's most needed.  
Visit us at [www.prasad.org](http://www.prasad.org)

PRASAD (PHILANTHROPIC RELIEF ALTRUISTIC SERVICE AND DEVELOPMENT)