

A message from Jyotika Patel, The PRASAD Project Board of Trustees

Dear Friends of The PRASAD Project,

In India, the USA and Mexico, PRASAD is responding to people's immediate needs, and doing so much more!



In this issue of our newsletter, we bring you stories from the Anukampaa Health Center, which is home to PRASAD's general health care initiatives in the Tansa Valley, India.

You will also find a story dedicated to the women of the Shitala Devi Self-Help Group, founded in 2007. For three years, its members have worked hard to both take control of their future and protect the environment. Now, they are literally reaping the benefits of those efforts.

As we help the residents of the Tansa Valley to overcome challenges, we are also helping them to preserve their own rich and diverse cultural heritage. In this issue, we show you some of the ways in which we are achieving that goal.

With your support, we are making positive and lasting improvements to how the people of the Tansa Valley approach life. Agriculture, health care, education, community projects—in every area, we are bringing alternatives to the citizens of Tansa so they can rewrite their futures for the better.

If you are a new Donor, welcome to PRASAD! If you are a current Donor, please know how deeply we appreciate your ongoing support. A gift to PRASAD's general fund allows us to allocate your gift to the programs most in need.

With love and gratitude,

Jyotika Patel

Saving lives, restoring health

Stories from the Anukampaa Health Center

Tansa Valley, India—The AHC plays a prominent role in PRASAD Chikitsa's health care system, as a stand-alone clinic and as a vital support for PRASAD's Muktananda Mobile Clinic.

The AHC has state-of-the-art diagnostic facilities, which was fortunate for Sadhana Parshuram Bhoi. The 13-year old girl had a fever for three weeks, and could not afford to see a doctor. When the Muktenanda Mobile Clinic

came to her village, the staff transported her to the AHC, where doctors determined that she had a virulent form of malaria. They provided treatment at no charge, and within one month, Sadhana was feeling much better.



Dr. Kanek Nagle, of Nair Hospital in Mumbai, with one of the many PRASAD patients he has treated.

Renuka Raghunath Datela had been ill for two months before consulting the doctors at the AHC. They discovered that she had TB and placed her in the acclaimed TB treatment program, where her condition quickly improved.

Dr Kanek Nagel said he continues to be touched by the PRASAD staff's "...dedication, humanity and kindness."

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The Kalakendra Arts and Crafts Program - from student to teacher



Through the Kalakendra Arts and Crafts Program, children dance and sing their way toward artistic expression, self-confidence and cultural awareness.

Gorad, India—PRASAD Chikitsa's staff had important goals in mind when they developed the Kalakendra Arts and Crafts Program for Children: introduce children to social, spiritual and moral values; help them preserve their traditional art forms; develop their personal and social skills; identify hidden artistic talent; and increase their career options. The program has helped hundreds of children dance, draw, sing and act their way toward these goals for 12 years. Ulhas Vad was among them, and now, at age 28, he is a field worker in the program.

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Anukampaa offers cardiology services through its partnership with Nair Hospital in Mumbai.

Doctors there have performed cardiac surgery for many of our patients. Dr. Kanek Nagle, head of Nair Hospital's Department of Cardiovascular and Thoracic Surgery, said he continues to be touched by the PRASAD staff's "...dedication, humanity, and kindness."



Dr. Pandey, left, and Dr. Daruwala, right take guests from Direct Relief International on a tour of the Dental Program at Anukampaa Health Center.

Anukampaa Health Center at a Glance

- Established in 2003
- Treats approximately 3,000 per month
- State-of-the-art diagnostic facilities
- Provides comprehensive general health care
- Medical specialty programs include cardiac, dental, orthopedic, psychiatric and audio-speech therapy
- Home to PRASAD's acclaimed TB Program
- Medicine and treatment provided at nominal charge; free to those who cannot afford to pay

The Kalakendra Arts and Crafts Program

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The story of Ulhas Vad:

"I, along with my family, often came to PRASAD Bhojan Meals Program in 1997, and I used to play in the Arts and Crafts program. There, I found out that there is an artist in me.

Then, I started volunteering in the program. I am very thankful to PRASAD for the opportunity to discover my interest in art and for providing services in that area.

For the last three years, I have been a Field Worker for the Arts and Crafts Program. I train children to improve their drawing

skills, concentration, Rangoli skills and other art mediums that will help them to develop their personality.

These children live in remote areas and would never get exposed to such things as art. The PRASAD Arts and Crafts Program gives them a place to explore and nurture their abilities. Former students Mangesh and Subhash Kachare are now studying for their diplomas in Art Education. This happened because PRASAD helped them to understand and focus their inner strengths."



PRASAD Chikitsa field worker, Ulhas Vad, teaches children the traditional folk art of Rangoli, in which paintings are created from sand, or powders ground from white stone, rice flour or other material. Rangoli literally means, 'layers of colors.'



These boys are having fun as they gain self-confidence and improve their musical skills.

Shitala Devi Self-Help Group

Minding their own business: for the Shitala Devi Self-Help Group, that business is farming and protecting the environment



The Motivator for the Shitala Devi SHG is Kamini Shinde, shown here helping a member to sign her name.

Taluka Bhivandi, Dist Thane—This story is dedicated to the women of the Shitala Devi Self-Help Group (SHG), who are working together to protect the environment, and to take control of their future.

The women of the Shitala Devi SHG depend on agriculture for their survival and many of them relied on employment with brick factories, where pollution, poor sanitation and other hazards threaten their health and the surrounding eco-system.

The Shitala Devi SHG is a story of transformation and awareness, as the women in the group gradually turned away from the brick factories, and embraced the option of cultivating vegetables in their own farmyards instead. In the words of one member, “This did not happen all at once, but PRASAD’s motivation for the last three years made this possible.”

Eleven women started this group in May 2007 and have been meeting monthly ever since. PRASAD provided them with a micro loan of Rs. 10,000. This loan is interest free, to encourage the

SHG to continue their business endeavors.

The SHG has planted a two-acre plot and works the plot (at right) collectively, as it provides work for all the members after the rice harvest.



Fruits of their labor—members of the SHG gather their harvest

One member shared, “We work together so we can do more work and it builds unity in our SHG. We want to prove that we can do good business and we have been involved in all the business decisions.”

The members of the Shitala Devi SHG embody PRASAD’s ideals as they pursue sustainable development, environmental protection and economic independence. They all are very thankful for PRASAD’s support.



More than 3,000 women are participating in PRASAD Chikitsa’s Self-Help Groups and we can see the fruits of their efforts and your generous support.

About The PRASAD Project

The PRASAD Project is an international not-for-profit organization committed to improving the quality of life of economically disadvantaged people around the world. PRASAD’s intention is to help people become self-reliant and live a life of dignity.

The PRASAD Project, whose offices are located in upstate New York, USA, operates health, education, disaster relief and sustainable development programs in India, dental care in the United States and eye surgery in Mexico. We also have national licensees in Australia, France, Italy, and Spain who help support the India program.

The PRASAD Project was initiated in 1992 by Gurumayi Chidvilasananda, the spiritual head of the Siddha Yoga path. PRASAD is a philanthropic expression of the SYDA Foundation—the central organization for the Siddha Yoga path. PRASAD’s humanitarian work is based on the core values of Siddha Yoga: selfless service, enduring commitment, and respect for all people, regardless of their race or belief. For more information on PRASAD and its many programs for children and communities in need, see our website at www.prasad.org.

Matching Grant for PRASAD Children’s Dental Health Program

In celebration of the life of her beloved late sister, Gudrun, donor Margareta Blix is giving PRASAD Children’s Dental Health Program a grant of up to \$20,000 to match, dollar-for-dollar, all donations given to PRASAD CDHP through October 31, 2010.



In giving this Matching Grant, Margareta explained, “Dental care is critically important to every child’s well-being and development. Gudrun would have wanted to help as many children as possible to receive this care through PRASAD Children’s Dental Health Program.”

THE PRASAD PROJECT

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Studying art and preserving culture

The Kalakendra Arts and Crafts Program

Sisters make colorful Rakhi bracelets, which they tie around their brothers' wrists during the Festival of Raksha Bandhan, a celebration of brotherly love.

Story inside.

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Above all, we thank our donors, staff and volunteers.
It is because of you that we have these stories to tell.

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