



HOW YOU CAN HELP

In supporting The PRASAD Project, your contribution directly funds innovative solutions assisting children and communities in need.

You can become involved in a number of ways:

A MONTHLY GIFT to support PRASAD's programs. As a bonus, you will receive a beautiful scarf, donated by Love Quotes™, on your partnership anniversary

MATCHING GIFTS through your employer's matching gift program

HOST AN EVENT For more information visit our website at www.prasad.org

PRASAD®

Philanthropic Relief, Altruistic Service And Development
Project

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2017 ANNUAL NEWSLETTER

25th ANNIVERSARY

Dear Friend,

We want to thank you for your support, as we celebrate the 25th Anniversary of the incorporation of PRASAD.

This anniversary year is a time to reflect on PRASAD's humanitarian work, and we are proud of what we have accomplished. Today, PRASAD is a Non-Governmental Organization (NGO) in special consultative status with the Economic and Social Council of the United Nations, with branches in six countries on four continents. Since PRASAD began its work in the 1960s by providing aid to a handful of tribal villages in the remote Tansa Valley in India, we have had a tremendous impact on the lives of millions of people in programs such as:

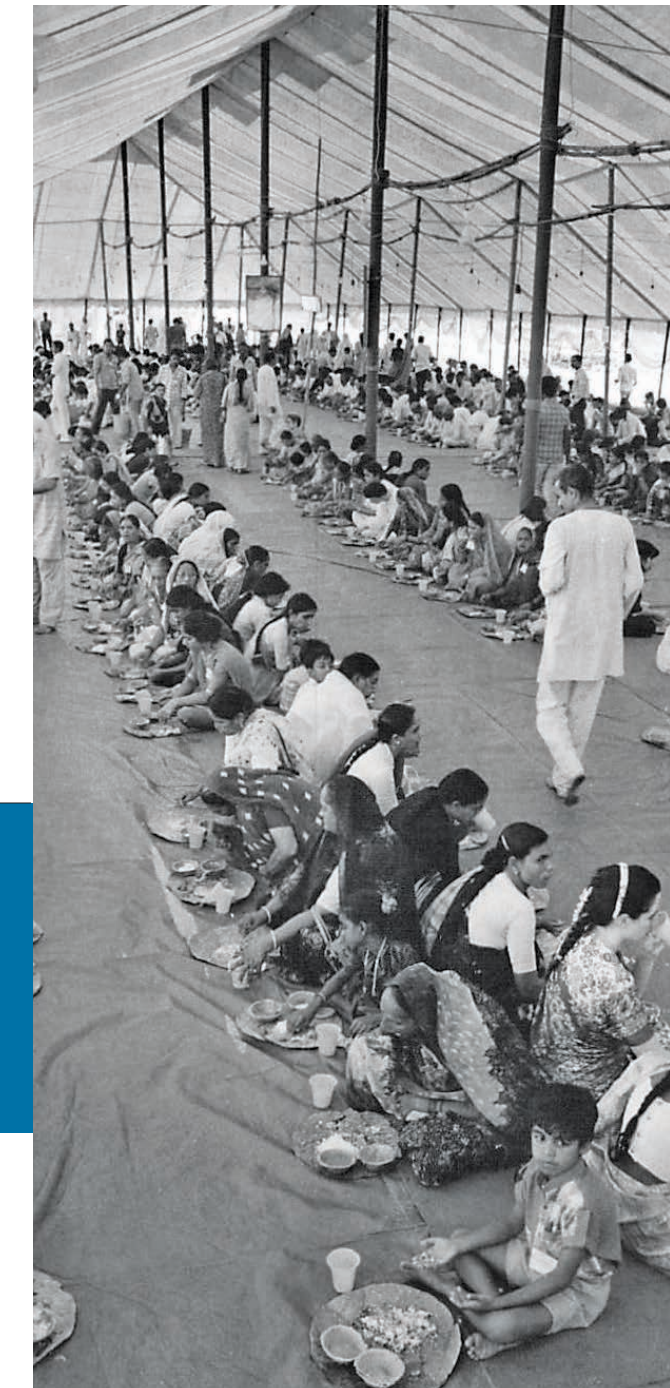
- The mobile hospital has provided medical services to over 1 million people living in rural India.
- PRASAD Chikitsa's eye care and surgery programs have benefited more than 200,000 people in India.
- The rate of HIV positivity in the Tansa Valley is lower than the Indian national level.
- PRASAD Children's Dental Health Program has provided dental health education classes or dental services to more than 76,000 children in the US.
- PRASAD de México has surgically restored the vision of nearly 30,000 adults and children.

We would like to extend our deepest gratitude to Gurumayi Chidvilasananda, the Guru of the Siddha Yoga path, whose vision and guidance have been the inspiration for PRASAD. We also offer thanks to the SYDA Foundation for their continued support.

We look forward to continuing our work to improve the quality of life for economically disadvantaged people around the world!

Sincerely,

Harriette Cole, Trustee and Chair
The PRASAD Project



BOARD OF TRUSTEES

Harriette Cole, Chair
Jyotika Patel, Treasurer
Deborah Royce
Thomas Korula

The PRASAD Project

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Executive Director
Dr. M. Cecilia Escarra

See examples of how your generosity can help!



Provides a medical visit for 10 people in India



Provides one eye surgery in India



Provides a health camp for 50 school children in India



Builds a toilet for a family in India



Provides a dental visit for five children in the US



Provides nutrition for 100 children in India for one month

Your donation to the General Fund allows us to use it where it is needed most.

GIVE TODAY! YOUR DONATION MATTERS

Become a PRASAD Partner with a monthly donation.

On your one-year Partner anniversary, you will receive a beautiful LoveQuotes™ scarf as a token of our appreciation.
(For at least \$25 monthly donation). To donate visit www.prasad.org

FOR MORE INFORMATION:

Visit our new website! www.prasad.org

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PRASAD (Philanthropic Relief Altruistic Service And Development)

WHY PRASAD?

PRASAD helps people to achieve lives of self-reliance and dignity by offering programs of health and sustainable community development in India, dental care in the United States and eye care in Mexico. Through partnerships, we address communities' most pressing needs and implement long-term solutions to challenges that may have plagued them for generations.

PRASAD VALUES

PRASAD recognizes the inherent dignity and worth of each person. We believe that human beings have within themselves great virtues, wisdom and capabilities.

COMMUNITY DEVELOPMENT PROGRAMS IN INDIA

- Women's Self-Help Groups
- Agricultural Programs
- Scholarship Program
- Arts and Crafts Program
- Clean Water and Sanitation Initiative
- Model Village Initiative

PROGRAMS AND STORIES



HEALTHCARE: Mobile Hospital

One of PRASAD Chikitsa's first health care initiatives in the Tansa Valley was the Shree Muktananda Mobile Hospital, which opened in 1978, long before The PRASAD Project was formally incorporated. The Mobile Hospital sought to bring health care where it was needed most: to tribal people in the remote villages of the Tansa Valley region.

For thirty-nine years the mobile hospital staff has made health care accessible to those in need. Since 1978 approximately 1,000,000 people have received services.

Patient Seema Zate was very ill as a child and the doctors in the mobile hospital diagnosed her with a life-threatening heart condition. Because of the timely diagnosis, she received proper treatment. Now 18 years old, with tears in her eyes she says that she is alive to tell her story thanks to PRASAD.

Medical Services Today

PRASAD Chikitsa's Anukampaa Health Center provides general, specialized, and preventative health care services. The out-patient department receives approximately 20,000 visits per year.



EYE CARE

Cataract-related blindness accounts for 80 percent of all visual impairments in India.

In 1990, PRASAD Chikitsa doctors began holding free eye camps in the Tansa Valley, examining 7,000 people each week and performing cataract surgeries from morning to night. Now PRASAD operates a 25-bed in-patient ward and an outpatient clinic with modern eye care equipment.

Since 1990, PRASAD Chikitsa has provided eye screenings and treatment for more than 200,000 people.

Katai, India—I am Nilkanth and I am 70 years old. My cataracts left me blind for over six months, and completely dependent on my sons. The PRASAD Chikitsa eye clinic removed the cataracts, and when the bandages came off my joy was overwhelming. I have regained my independence!



FARMING AND FOOD SECURITY

Farming is the main occupation for many people in the Tansa Valley. PRASAD Chikitsa supports this activity by educating farmers on a range of topics, including increasing crop output, conserving water and implementing year-round farming techniques.

Since 2003 PRASAD Chikitsa has provided more than 40,000 saplings and seeds for floriculture.

Approximately 9,700 families benefit from the kitchen garden initiative.

Kalambhon, India—My name is Mamta Vilas Kachre and I joined the PRASAD Chikitsa Organic Kitchen Garden Initiative this year. After I finished my training, PRASAD provided saplings and seeds for me to start my garden, which has flourished, producing extra to take to the market.



PRASAD DE MÉXICO

PRASAD de México's volunteer surgical teams have restored the sight of nearly 30,000 adults and children through free eye surgery.

Puebla, Mexico—A 60-year-old woman came to the eye camp and reported that she had been blind her whole life. After an examination PRASAD's doctor felt confident that cataract surgery would restore her sight. The day after her surgery, when doctors removed the eye patch, she said "Yes, I can see now!"



WOMEN'S EMPOWERMENT

In Self Help Groups women help each other address various problems, among them indebtedness, alcoholism and illiteracy. PRASAD Chikitsa helps the group to set up systems and processes to manage their finances

Today, there are 245 SHGs, with more than 2,900 members.

Vajreshwari, India—I am Harshala Joshi. Every woman has abilities and skills that can be used to improve her life, but guidance and financial support are often necessary to overcome any obstacles. I am lucky to have PRASAD's support, which has given me the confidence to pursue my dreams!



WATER

In the Tansa valley, water scarcity is a common problem, especially in the summer. The women must walk a long distance to fetch water from the few wells that are not dry. If the wells are too far to walk, women are forced to strain water from mud puddles for drinking. This water is often contaminated and can cause illness.

PRASAD Chikitsa ensures access to clean drinking water by facilitating the recharging of old wells that have gone dry, and making water filters available. PRASAD also has recently initiated a rainwater harvesting program in response to limited water access in the villages.



SANITATION

In the rural Tansa Valley most families do not have a toilet. The lack of facilities contributes to the spread of disease and women's insecurity. PRASAD Chikitsa educates the villagers about the importance of sanitation by holding community meetings and encouraging the women to motivate their family members to build a toilet for the home, and also by helping them with construction.

PRASAD Chikitsa worked with a small village to build 25 toilets in just two months. One of the villagers who helped said they were motivated to finish the project so quickly by the difficulty of daily life without proper sanitation.

PRASAD CHILDREN'S DENTAL HEALTH PROGRAM


Since 1998 PRASAD CDHP has addressed the dental needs of children from low-income families in Sullivan County and parts of Ulster County in New York State. Over the years the program has provided dental health education classes or dental care to more than 76,000 children.

Recently, a third-grader named Carol was in pain and needed to have teeth extracted. She told the assistant she was afraid she would be in pain forever. The assistant assured her that she would feel better soon after the treatment. A week later while visiting the same school, the assistant felt someone come up behind her and hug her. It was Carol, beaming. She said "You were right! I feel much better!" and skipped away smiling.




NUTRITION

The PRASAD Chikitsa Nutrition Program has significantly improved the health of children and pregnant women in the Tansa Valley. In just two years, the malnutrition rate of children participating in the program has dropped from 43% to 17%. Having originally started as the Milk Program, the highly successful Nutrition Program is still growing, adding new sites where milk and nutritional snacks are provided daily. PRASAD's Nutrition Program conducts regular check-ups for those recovering from malnutrition to ensure that health is fully restored.



1984-2014
The Milk Project provided 430,000 glasses of milk



2005-2011
255,000 school meals were served. The Nutrition Program, which grew out of the Milk Project, now delivers more than 54,000 servings of milk and nutritional snacks each year.

THE PRASAD PROJECT'S MILESTONES AND ACCOMPLISHMENTS

Black: The PRASAD Project Red: PRASAD Chikitsa Blue: PRASAD CDHP Green: PRASAD de México Purple: Fundraising Licensees

1960's Dilapidated homes rebuilt for nearly 1,000 poor families	1978 Shree Nityananda Mobile Hospital launched	1980's Community development work begins in Usgaon. Tuberculosis clinic opens; Milk Project begins	1990s Eye Camps begin, Mobile Dental Clinic established; Scholarship program launched	1992 The PRASAD Project incorporated	1994 PRASAD Chikitsa incorporated	1996 PRASAD Bhojan Meals Program begins; PRASAD de México incorporated	1997 Rehabilitation program for people with physical disabilities; PRASAD de México eye camps for cataracts begins	1998 Kalakendra Arts and Crafts Program begins; PRASAD Children's Dental Health Program incorporated	1999 Classrooms for girls built in Vajeshwari; The PRASAD Project website launched; PRASAD de México surgical camps for children begin	2000 Netraprakash Eye Clinic opens in Akloli; CA Children's Dental Health Program launched (2000-2004)	2001 First Self-Help Groups launched; New diagnostic center opens in Akloli; PRASAD Italia incorporated (2001-2011)	2002 Midwife Training Program begins; Maternal and Child Health Program launched; PRASAD Australia incorporated	2003 Gurudev Siddha Peeth Netra Chikitsa Eye Hospital inaugurated; PRASAD España incorporated	2004 HIV Program begins; PRASAD CDHP expands to Ulster County; Tsunami in Southeast Asia relief	2005 Initiative established to detect HIV among pregnant women; Hurricanes Katrina and Rita relief, U.S.	2008 Farmers' Clubs and Orchard Initiative begin	2009 PRASAD CDHP receives the Sullivan Pride Award and for the first time the Give Kids a Smile Award; PRASAD Chikitsa receives award for the Best NGO for HIV prevention	2010 Accredited Social Health Activist Program begins; PRASAD CDHP receives for the second time the Give Kids a Smile Award; PRASAD Facebook page launched; Pakistan, Haiti and Chile relief	2011 Aarogyavardhini Trainings begin; Smokeless Stove Initiative begins; Inauguration of the new PRASAD CDHP mobile dental clinic; relief	2012 The PRASAD Project celebrates its 20th anniversary; PRASAD Chikitsa / Earns AmeriCares-Spirit of Humanity Award; Organic farming initiative begins; PRASAD CDHP receives the Samuel D. Harris Fund grant award; The PRASAD Project joins the Clinton Global Initiative; Hurricane Sandy relief, U.S.	2013 PRASAD Chikitsa moves its medical facilities into one building and Solar energy systems are installed; Philippines relief	2014 Model Village Initiative launched; Nutrition Program expanded; PRASAD CDHP receives for the third time the Give Kids a Smile Award	2015 Inauguration of the new Shree Muktananda Mobile Hospital; Clean water and sanitation initiative launched; Nepal relief	2016 PRASAD de México 20th anniversary providing 30,000 eye surgeries. PRASAD CDHP receives the Nonprofit Innovation Award	2017 25th Anniversary of The PRASAD Project PRASAD CDHP receives for the fourth time the Give Kids a Smile Award.
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