



2019 ANNUAL NEWSLETTER

PRASAD ENVISIONS HEALTHY COMMUNITIES PROSPERING IN HARMONY WITH THE NATURAL ENVIRONMENT



Celebrating 25 Years of PRASAD Chikitsa

Thank you! Your generous support over 25 years and counting has directly improved the well-being and livelihoods of more than a million people to date, empowering Tansa Valley villagers to build sustainable lives and communities in harmony with the environment.

Even before PRASAD Chikitsa was incorporated in 1994, the organization was building homes and launching mobile medical services, eye camps, a tuberculosis clinic and the Milk Project – pioneer initiatives that have grown into full-fledged programs serving 250,000 people in 370 villages.

We take a holistic approach. Our programming is wide-ranging because villagers face layers of adversity daily, from health issues to economic instability. From the beginning, we knew that it is not enough to address one need at a time.

Working side by side with families and individuals, we develop sustainable solutions through education, women's empowerment, farming, sanitation and water projects. We support a mobile medical clinic and a hospital for general and specialized health care, including eye and dental care.

Within this newsletter are stories about Tansa Valley villagers whose lives your support has changed for the better - some over multiple generations! To learn more, please follow PRASAD Chikitsa's 25-year timeline.

In the coming year, we will be working toward environmental sustainability in the Tansa Valley, which will lead to improved community health and economic stability. We will continue delivering eye surgeries in Mexico and dental care in the US. We look forward to sharing our plans with you, and we cannot thank you enough for your continued support.

Harriette Cole
Chair of the Board

Dr. M. Cecilia Escarra
Executive Director



Small Land Holder Farmer Doubles His Income



When Suresh Dive and his wife Surekha survived a motorcycle crash and couldn't work, PRASAD stepped in with food and other necessities. We also treated Suresh for tuberculosis and malaria. Upon recovery, Suresh and his son worked hard to support the family, but were barely making ends meet.

As Adivasis (Indian aboriginals) they had four fertile acres without the knowledge or capital to invest in farming the land. PRASAD Chikitsa helps people like Suresh build sustainable farms that support families, communities and the environment.

Over three years, Suresh and his family have enthusiastically embraced the cultivation of a range of crops. PRASAD Chikitsa provided seeds and saplings, ongoing farming training and support to increase well depth, ensuring adequate water and healthy harvests.

Starting with 300 Jasmine saplings, within a year they had flowers - including garlands made by Suresh's wife and daughter-in-law - to bring to market, generating much needed extra income. The following year, PRASAD Chikitsa provided fruit tree saplings to start an orchard, and forestry trees, which will be planted to help replenish the Tansa Valley's depleted forests.

Suresh's family participates in the Indigenous Seed Bank, PRASAD's initiative to revive and conserve local heirloom seeds. They now have a thriving kitchen garden, providing vegetables to feed the family and take to market.

Today, after years of poverty and struggle, Suresh and his family have turned their lives around with a sustainable income and improved access to food and other resources. Working their land throughout the year, they are contributing to a healthy environment for themselves and their community. At \$900 a year, the family income is now 1.5 times the small land holder farmer average income in the Tansa Valley!

Embracing multiple generations

It's not unusual for multiple generations in a family – from grandmother to grandchild - to be embraced by PRASAD Chikitsa's whole-person approach. The Satvi family is just one example.

Vishal Satvi, 27, grew up in a small village in the Tansa Valley. As a youngster, Vishal benefited from the Milk Project, receiving nutritional support critical for a growing child. Years later, Vishal is an important member of the Nutrition Program, delivering warm milk and nutritional supplements to the Anganwadis (child day care centers) for children and pregnant women. Proud to be part of the program, he is dedicated to his work, never missing a day. For Vishal, a missed day possibly means that a malnourished child – as Vishal once was – won't get the food needed to thrive and grow.

Vishal's wife Chetna is also within the PRASAD Chikitsa family, receiving specialized medical treatment at the Anukampa Health Center; his mother Shakuntala attends the health center for regular checkups and eye care, and his sister-in-law Prashant receives dental care. His 2-year-old niece and 4-year-old nephew, Ritika and Hardik, attend an Anganwadi, where, just like Vishal, their health is bolstered by the Nutrition Program.



PRASAD Chikitsa / 25th Anniversary / A Look Back in Time

Though only incorporated in 1994, PRASAD Chikitsa has been helping and empowering the communities of the Tansa Valley since the 1960's. *This timeline chronicles 25 successful years of program launches and growth, as well as recognition for our work.*

1960s	1978	1980s	1990s	1994	1996	1998	2000	2001	2002	2003	2004	2005
Dilapidated homes rebuilt for 1,000 poor families	Mobile Hospital	Community development work; Tuberculosis clinic; Milk Project	Eye Camps, Mobile Dental Clinic; Scholarship program	PRASAD Chikitsa incorporated	Children's Meal Program	Kalakendra Children's Arts and Crafts Program	Netraprakash Eye Clinic	Self-Help Group initiative	Maternal and Child Health Program; Village and School Health camps	Anukampaa Health Centre; Netrachikitsa Eye clinic; Sapling distribution	Family Health Centre HIV Program; Disaster Relief India Tsunami	Kitchen Garden initiative

PRASAD de MÉXICO



PRASAD de México's volunteer team has performed free eye surgery on more than 33,000 adults and children with cataracts and crossed eyes. People attend PRASAD eye

camps longing to see and with their vision restored, they have a better chance at fulfilling lives.

PRASAD CHILDREN'S DENTAL HEALTH PROGRAM

José Rivero and his children, Peyton and Kailani, are happily awaiting their first dental visit. Jose appreciates the availability of our year-round clinic and that he doesn't have to travel long distances for a dental visit. The severe and lifelong impact of poor dental health on a child's well-being and overall health is largely unrecognized in America. For many, it is inconceivable that children in the U.S. do not have access to dental care at all. Our goal is to serve more children and improve oral health status in Sullivan County.



WHAT'S NEXT FOR PRASAD?

PRASAD Chikitsa is engaged in an in-depth evaluation of its current programs and surveying Tansa Valley villagers to learn how to expand programming to meet needs not currently being addressed. We are also reviewing the state of the environment, which has degraded over the last several years, to determine how best we can contribute to its restoration.

PRASAD de Mexico: With the passing of longtime leader Carlos Suarez, the torch has been passed. The Board has elected a new president and new Trustees have joined. In addition to increasing the number of cataract eye surgeries annually, the team is exploring new program opportunities.

PRASAD Children's Dental Health Program: Sullivan County consistently ranks near the bottom in health statistics for New York State counties. This year, PRASAD CDHP is contributing to the County's needs assessment, conducting a review of its dental program, and will increase outreach efforts to serve more children in the community.



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2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Farmers' Clubs and Orchard Initiative; Integrated Counselling and Testing Centre in Partnership with National AIDS Control Organization/ Maharashtra State AIDS Control Society	Awarded Best NGO in HIV prevention by the Indian Government	Maharashtra government recognizes the tuberculosis program as Designated Microscopy & Treatment Centre; Accredited Social Health Activist training	Community Health workers training; Smokeless Stove Initiative	AmeriCares India Spirit of Humanity Award for Women's Health; Organic farming initiative	AmeriCares India Spirit of Humanity Award	Sanitation and Water Filters; AmeriCares India Spirit of Humanity Award	Indigenous Seed Bank; Tree Nursery; farm wells initiative	Menstrual Health and Hygiene initiative	Waste Water Management program	Regional AmeriCares Spirit of Humanity Award; HIV Center receives certificate of excellence from National AIDS Control Organization; Arts & Crafts program expanded to local schools



The PRASAD Project

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YOUR GIFT CHANGES LIVES

Your gift to The PRASAD Project funds innovative solutions that help break the cycle of chronic poverty, creating opportunity and empowering families, youth and communities so that all may prosper in harmony with the natural environment,

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. Invite your friends to join us.

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

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

HOW YOUR GIFT MAKES A DIFFERENCE

\$20 provides HIV tests for 10 people in India

\$60 provides a water filter for a family in India

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

\$260 contributes to build two toilets in India

\$300 provides five eye surgeries in India

\$500 sponsors a health camp for 250 school children in India

\$1,000 provides nutritional support for 100 children for one month in India

Please donate to PRASAD so we can help where it's most needed.

Visit us at www.prasad.org