



We at PRASAD hope that you and your loved ones are well. We genuinely appreciate your ongoing support for our programs, especially through the pandemic's persistent waves.

For many, there has been an enormous loss of life and livelihood this year, and yet, learning to cope with the pandemic has brought new opportunities to help. At year's end, we are taking a moment to review and share our journey. These are some of the highlights:

At PRASAD Chikitsa in the Tansa Valley, India, throughout the pandemic, we have provided immediate relief and have also been able to resume regular programming, continuing our efforts to promote self-reliance and long-term sustainability. Here are some examples:

- The Mobile Hospital is back in operation, providing examinations, health education, and treatment to patients in remote villages.
- The healthcare center is open full-time for general and specialized medical care, including much needed mental health services.
- We have re-started the Nutrition Program, providing nutritional support to malnourished infants and pregnant mothers.
- COVID-19 has been a catalyst, increasing direct community engagement, especially via the Self-Help Groups that continue to empower 3,000+ women.
- 16,000 new fruit and shade tree saplings are helping to restore ecosystems.
- The Orchard Initiative is providing farmers with extra income, helping to improve their quality of life.
- 300 families cultivated small organic gardens big enough to help diversify their diets with nutritious vegetables and provide surplus to sell at market for essential income.
- We continue to help more families have access to sanitation and clean drinking water.



Creating a Sustainable Life

Five years ago, Kavita married Balkrishna and moved to Lendi hamlet, where they still live with their two little girls aged two and four. Balkrishna works as a contract laborer; Kavita takes care of the family and their small agricultural plot.

When Kavita arrived in Lendi, she learned about PRASAD's Women's Self-Help Groups (SHGs) and saw an opportunity. Kavita took the initiative to form the Vasishvavi SHG and now serves as its secretary.

During the first wave of the pandemic when many rural families were facing food insecurity, PRASAD's SHGs, including Vasishvavi, helped identify families in need and distribute rations. Kavita's family received dry rations twice from PRASAD Chikitsa, as well as seeds to start a kitchen garden.

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Creating a Sustainable Life, continued

In September, Kavita received cultivation training and planted her vegetable garden. By November, Kavita had her first harvest of radish, fenugreek, amaranth and spinach! Kavita has plenty of vegetables for her family and still has surplus produce to sell. Fortunately for Kavita, her kitchen garden is at the crossroads of surrounding villages, making it convenient for passersby to purchase vegetables directly from her field, so she doesn't need to travel to the market.

Kavita's family is happy, and she is grateful. Not only do they enjoy farm fresh vegetables, but also welcome the additional income. *"PRASAD gave us good quality seeds and helped me have a successful harvest. Now, we eat a variety of fresh vegetables every day, and earn income from the remaining harvest. We feel blessed to be associated with PRASAD Chikitsa."*



Since 1996, PRASAD de México's volunteer team has restored sight and improved the lives of tens of thousands of adults and children with cataracts and crossed eyes. While the eye camps remain suspended due to Covid-19, PRASAD de México has remained active, helping low-income individuals access free eye surgery at local clinics and hospitals.

For 22 years, PRASAD Children's Dental Health Program has been committed to improving the dental health of children in Sullivan County,

New York by providing comprehensive dental services. We safely reopened our children's mobile dental clinic, and we are returning to the schools to provide on-site dental services to those children who need it most.



The PRASAD Project

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Your support is transformational. There is so much to do.

Your gift now will help to provide mobile medical services to more remote villages, expand the nutrition program, plant 20,000 more trees, provide dental care to low-income children in the U.S., and more. Please donate today to help where it's needed most.

2022 marks The PRASAD Project's 30th Anniversary! We are looking forward to celebrating.

Thank you again and stay well!

Sincerely,

The PRASAD Project Board and Executive Director

