

PRASAD[®]

Holistic. Sustainable. Life-Changing.



PRASAD IS HOLISTIC, SUSTAINABLE, AND LIFE-CHANGING

As 2023 draws to a close, we want to take a moment to thank you for all your support. Your generosity has enabled us to have another successful year delivering vital services and improving the lives of the children and families who need it most.

Our program anniversaries demonstrate PRASAD's long-term commitment and sustainability as a global nonprofit organization. This year was full of smiles as we celebrated the 25th anniversary of the PRASAD Children's Dental Health Program and our celebration will continue in 2024 with PRASAD Chikitsa's 30th anniversary.

Through successful outreach efforts, more people are joining PRASAD's programs and taking advantage of our services, including Ayesha, whose story is below.



A Life Once Dimmed By Cataracts, Now Shines Brightly With Hope And Gratitude

Ayesha lives in Bhiwandi. A decade ago, she lost her husband to a sudden heart attack, leaving her to provide for her family of five alone. She did it by working hard doing housekeeping for local families.

Over the past year, Ayesha noticed that her vision was increasingly hazy. It was becoming a challenge to carry out her work cooking, cleaning, and doing laundry. Not being able to do household work impacted her daily life, income, and well-being.

One day, her neighbor, who had undergone cataract surgery at the PRASAD Chikitsa clinic, advised her to have an eye check-up. At the PRASAD clinic, the eye doctor recommended cataract surgery for her right eye.

Ayesha was delighted when her bandages were removed the day after surgery, and she could see clearly again. *"The cataract had begun to impact my life and work significantly. I used to trip over things, collide with furniture, and even burn myself while cooking. I appreciate the support and care the PRASAD doctors and staff provided throughout the entire process. They assured me that I would receive the surgery at no cost. My life, once dimmed by cataracts, now shines brightly with hope and gratitude. I will recommend my friends and relatives to visit PRASAD Chikitsa for any problems related to the eyes."*



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PROGRAM IMPACT JANUARY THROUGH SEPTEMBER 2023

At PRASAD Chikitsa, we continued delivering healthcare and community development services, promoting gender equality, restoring the environment, and empowering economic improvement for long-term sustainability. Here are some examples:

- The Mobile Hospital visited 21 remote villages, providing examinations, health education, and treatment to nearly 5,850 patients. The Healthcare Center completed 25,570 medical visits. The Eye Clinic conducted 3,791 eye exams and 347 cataract surgeries.
- The Nutrition Program continues to expand by increasing the number of nutritional servings to 39,280, benefiting malnourished infants and pregnant mothers.
- PRASAD has distributed 16,950 fruit and shade tree saplings, helping to improve food security and restore the environment.
- There are 265 self-help groups, with 2986 women participating and 354 receiving training.

At PRASAD Children’s Dental Health Program, we continue to improve children’s dental health by delivering comprehensive dental services. We provided oral health education and dental care to 1,600 children and performed 2,300 dental procedures.

At PRASAD de Mexico, our dedicated volunteer team restarted services by organizing three successful eye camps, at which 520 children and adults received free eye surgery. Two more eye camps are planned this year.



LOOKING TO THE FUTURE

Our programs in India, Mexico, and the U.S. are changing lives and helping to build healthier, more sustainable communities. We are also increasing our efforts to care for our planet, its climate, and ecosystems for today’s and future generations, by helping to restore the environment in the Tansa Valley in India.

While we reflect on the year behind us and focus on the year ahead, there are many more like Ayesha - people in need of our services. So, we are asking for your support. You can help ensure our communities continue to thrive by giving today or by becoming a PRASAD Partner via a monthly gift.

Sincerely,

The PRASAD Board of Trustees
and Executive Director

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