



PRASAD®
holistic | sustainable | life-changing



2025 FALL NEWSLETTER

PRASAD

BOARD OF TRUSTEES

Dr. Vivek Panchapakesan, Chair
Brandon Siew, Treasurer
Harriette Cole, Secretary
Jyotika Patel, Trustee

EXECUTIVE DIRECTOR

Dr. M. Cecilia Escarra

prasad@prasad.org
PO Box 576, Ferndale, NY 12734
845-434-0376

Visit us at www.prasad.org



PRASAD IS HOLISTIC, SUSTAINABLE AND LIFE-CHANGING

Greetings!

Thanks to your generosity, countless individuals and families across three countries have received life-transforming care and opportunities this year.

From restoring sight and improving overall health to providing nutritious meals and enhancing oral health, your support is helping communities thrive. Children are learning healthy dental habits, farmers are securing their livelihoods, and women are gaining the skills and confidence to shape a brighter future for their families.

Delivering effective services is not only about what we do—it's also about how we do it. At PRASAD, we listen and respond to the needs of individuals and communities in ways that are respectful, timely, and collaborative. We believe in the potential of every person, and we work side by side to create lasting improvements. This spirit of partnership is at the heart of PRASAD, guiding us to design **sustainable, holistic, life-changing services** that make a difference in multiple facets of life.

For example, children in our dental program not only improve their oral health but also gain valuable health education and learn the basics of healthy eating. A new community well doesn't just provide access to water—it transforms lives and livelihoods. And sight restoration is more than a medical procedure—it's the gift of clear vision and the chance to engage fully with life and family again.

Together, we are bringing health, opportunity, and hope to those who need it most—thank you for making it possible!

Warm regards,

Dr. Vivek Panchapakesan
Board Chair

Dr. M. Cecilia Escarra
Executive Director

YOUR SUPPORT IN ACTION

Thanks to your generosity, we are making great strides toward our goals this year. Here are highlights of what we've achieved together from January to June:



India

PRASAD Chikitsa provided 14,500 medical visits, restored sight to 385 people through eye surgeries, and served 50,800 nutritious supplements to infants, children, and pregnant and nursing women. Farmers received 47,000 fruit tree saplings and 5,800 floriculture saplings, strengthening their food security and livelihoods. Meanwhile, more than 2,800 women continue participating in Self-Help Groups, gaining skills and confidence to support their families.



U.S.

PRASAD Children's Dental Health Program (PRASAD CDHP) is improving oral health and building healthy habits for life. Through June, PRASAD CDHP provided dental health education to 2,100 children, completed 1,100 visits, and performed 3,000 dental procedures, ensuring brighter smiles and healthier futures.



Mexico

Due to recent changes in government support for our eye camps, our volunteer team has shifted this year from organizing large-scale events to assisting individuals in accessing free eye surgeries. Through partnerships with local hospitals, PRASAD de Mexico's team is actively reaching out to 100 people in need and scheduling their surgeries in the coming months.

PRASAD CONTRIBUTION TO THE UNITED NATIONS SUSTAINABLE DEVELOPMENT GOALS



DID YOU KNOW?

PRASAD actively contributes to the United Nations Sustainable Development Goals. For example, our programs in India that build family and school toilets, construct farm and community wells, and deliver clean water directly support **Goal 6: Clean Water and Sanitation**.

Access to safe water and sanitation does more than prevent disease and reduce the burden of water collection—especially for women. It also promotes better hygiene, improves nutrition, increases school attendance, and creates greater economic opportunities, empowering entire communities to thrive.

STORIES FROM PRASAD

PRASAD takes a **HOLISTIC** approach to create **SUSTAINABLE** programming in collaboration with the communities we serve, resulting in **LIFE-CHANGING** impact across generations.



How a New Well Transformed Life

Vadpada, a small, rural hamlet with just 15 households, struggled with severe water scarcity for over a year. During the scorching summer months, women had to walk *“one kilometer [0.62 miles] to fetch water from a pit,”* resident Mrs. Sujata describes, *“But now we don’t have to.”* Results like this are thanks to PRASAD Partners like you.

As water levels dropped, silt turned the remaining supply muddy and unsafe, leaving families vulnerable to illness and dehydration. Appeals to local authorities went unanswered, and the exhausting daily struggle drained both time and energy from the community.

Recognizing the urgency, PRASAD Chikitsa took swift action, beginning construction of a new well that would tap into a reliable groundwater source. By February, the well was complete - bringing clean, safe water directly to the village.

For the people of Vadpada, the well is far more than a structure - it means both survival and hope for generations. It means relief from long, tiring walks under the blazing sun, protection from waterborne diseases, and the ability to focus on family and work rather than the daily hunt for water.



Transforming Vision, Restoring Hope

Since 1996, **PRASAD de México** has provided free eye surgeries to over 35,000 adults and children across many states in Mexico. Imagine, going years without seeing your loved one’s face. The moment someone sees their son or grandchild clearly again is nothing short of miraculous. Like Dolores, who was blind for 30 years due to cataracts. Today, she is overjoyed to have regained her sight, thanks to PRASAD de México.

Through community outreach and partnerships with regional hospitals and volunteer doctors, PRASAD de México restores vision, independence, and self-esteem to those in need.



Healthy Smiles Today and Tomorrow

Access to dental care is out of reach for many families in Sullivan County, New York, due to a shortage of providers and limited transportation options. At PRASAD CDHP, we bring care directly to children by providing services in schools through our Mobile Dental Clinic. With your support, we ensure children receive the dental care they need - leaving each visit healthier, happier, and even looking forward to their next appointment. As one grateful parent shared: *“My daughter has been using the dental services of the Mobile Clinic for two years now, and it has been a pleasurable experience every visit.”*

WHAT'S NEXT FOR PRASAD



WHAT'S UPCOMING THROUGH YEAR'S END

As we move into the final months of the year, PRASAD remains focused on delivering impactful, life-changing programs across the communities we serve.

In India, PRASAD Chikitsa will continue providing essential healthcare, nutrition support for children, kitchen garden initiatives, tree planting, construction of farm and community wells, distribution of water filters, and support for building family and school toilets.



In the United States, PRASAD's Children's Dental Health Program will expand outreach to more schools and families now that classes are in session, increasing access to dental care, lowering rates of untreated tooth decay, and promoting healthy eating and oral hygiene habits.

In Mexico, PRASAD de México will provide eye surgeries in partnership with local institutions, aiming to restore sight for low-income adults suffering from cataracts.

Together, these initiatives will help us finish the year strong—bringing health, opportunity, and hope to thousands more individuals and families.

HOW YOU CAN SUPPORT PRASAD



We would be deeply grateful for your support—both in spreading the word and in helping us raise vital funds. Ongoing funding is essential to strengthening PRASAD's ability to secure the resources needed to continue our vital work and create brighter futures for those we serve every day. We can't do this without you!

Monthly Giving – Become a PRASAD Partner! By signing up for a monthly gift, you'll help us plan and ensure the sustainability of our programs, making a lasting difference in the lives of individuals and communities.

Matching Gifts: Ask your employer's Human Resources department if they have a matching gift program. You can double your impact.

Launch a Fundraising Campaign: For more information, visit our website at www.prasad.org/support-our-work

Host a Small Event: Consider organizing a small event to benefit PRASAD—it's fun, meaningful, and we'll provide the guidance you need to make it a success.

Please mail your gift to the address provided or visit www.prasad.org to donate today. Thank you for your support!



Find Us On:



Visit us at: WWW.PRASAD.ORG

PRASAD is a Non-Governmental Organization in special consultative status with the Economic and Social Council of the United Nations.
©2025 PRASAD. All rights reserved. PRASAD and PRASAD CDHP are registered trademarks.

HOLISTIC. SUSTAINABLE. LIFE-CHANGING.