



PRASAD®
holistic | sustainable | life-changing



2026 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

Strong Partnerships, Lasting Impact

At PRASAD, we believe meaningful and lasting change begins with partnership. Wherever we serve, our approach is the same: we listen to communities, build strong local relationships, and work together to develop integrated solutions that respond to their priorities and needs.

Communities facing poverty rarely face just one challenge. Limited access to healthcare, unsafe drinking water, food insecurity, economic hardship, and environmental degradation are deeply interconnected. Healthcare alone cannot overcome poor nutrition, just as access to clean water cannot address every health or economic challenge a family may face. Addressing one need in isolation is rarely enough to create lasting change.

In India, PRASAD Chikitsa partners with tribal communities to combine comprehensive healthcare with community development and environmental restoration. Alongside medical care, families gain access to clean water, improved nutrition, sustainable agriculture, women's self-help groups, and environmental conservation. Together, these efforts help strengthen the health and resilience of entire communities.

In New York, PRASAD Children's Dental Health Program partners with local schools to bring high-quality dental care directly to children. Preventive and restorative services are combined with oral health education and family outreach, helping children receive essential care despite transportation, financial, and other barriers.

In Mexico, PRASAD de México partners with hospitals, social workers, and government agencies to make sight-restoring eye surgeries accessible to children and adults who might otherwise go without treatment. Through these partnerships, people receive care that can transform not only their vision, but also their independence, opportunities, and quality of life.

Your generosity makes this collaborative approach possible. Thank you for partnering with PRASAD to help individuals, families, and communities build healthier, more secure futures for generations to come.

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 July 2026:



India

26,469 medical visits
72,454 nutritious supplements served to infants, children, and pregnant and nursing women
53,525 forestry and fruit saplings and **15,140** floriculture saplings provided to farmers
2,957 women participating in Self-Help Groups



U.S.

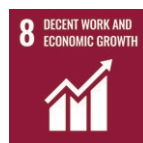
2,600 children received dental health education
811 dental visits completed
2,606 dental procedures performed



Mexico

48 adults received sight-restoring cataract surgeries
31 children received treatment for serious eye conditions

PRASAD IN ACTION: ZERO HUNGER



PRASAD contributes to United Nations Sustainable Development Goal 2: Zero Hunger by supporting nutrition from pregnancy through childhood while helping families build food security.

Since 2014, PRASAD Chikitsa has provided nearly 900,000 nutritious servings to children. Through Kitchen Gardens, families receive seeds and learn to grow healthy food for nutrition and income. By building farm wells, we provide reliable access to water, enabling farmers to grow a second crop and strengthen their families' food security and livelihoods.

STORIES FROM PRASAD

Partnership is how PRASAD works. By taking a HOLISTIC approach and developing SUSTAINABLE programs with the communities we serve, together we create LIFE-CHANGING impact across generations.



Yogita's Stitch in Time: Sewing Success

In Ghateghar village, Yogita had the skills and determination to build a better future for her family. After completing sewing training, she dreamed of earning an income from tailoring. But without the money to purchase a sewing machine, she was unable to put her skills to work. Instead, she worked as an agricultural laborer to help her husband support their family.

Thanks to a generous donation, PRASAD Chikitsa provided Yogita with a new sewing machine.

Today, she runs a small tailoring business from her home, sewing clothing for women in her community and earning a steady income of approximately \$26 per month. To put this in perspective, a farmer's kitchen garden may earn approximately \$25 in an entire year from the sale of surplus produce. Yogita's tailoring business can generate a similar amount in just one month.

This reliable source of income helps Yogita contribute to food, education, healthcare, and other household needs while giving her greater economic independence. Most importantly, she now has the opportunity to turn her skills and determination into a more secure future for her family.

Happy 30th Anniversary to PRASAD de México and its extraordinary volunteer team!
Thank you for three decades of service and for helping thousands of people see a brighter future.



For 30 years, compassion, volunteerism, and partnership have transformed lives through the gift of sight. Since 1996, the dedicated volunteer team of PRASAD de México has helped restore vision, independence, and self-esteem for nearly 37,000 children and adults in need. Over three decades of service, PRASAD de México has built trusted partnerships that make large-scale free eye surgery campaigns possible, reaching people with limited financial resources who might otherwise go without treatment.

Behind these numbers are thousands of individual lives changed. Andrea is one of them. She was among the children and young people who recently received free eye surgery through PRASAD de México. Andrea had strabismus, a condition that affected her vision, confidence, and social interactions. Her family could not afford the surgery, even at the hospital's discounted rate. Thanks to the generosity of our supporters and the collaboration of our partners, Andrea received free corrective surgery, giving her the opportunity to experience improved eye alignment and a better quality of life. Her mother shared, *"The surgery will help Andrea continue her studies and avoid the bullying that can so deeply affect children."*



When Kids Love Going to the Dentist

For low-income families in Sullivan County, NY, accessing dental care for their children can be challenging. Few local providers accept Medicaid, and families often face long waits for appointments. PRASAD Children's Dental Health Program helps bridge this gap by providing accessible, compassionate care where every child feels welcome and comfortable. As one mother shared: *"Very friendly service. My kids love coming here!"* Positive dental experiences during childhood do more than create healthy smiles. They help children feel safe receiving care and develop lifelong oral health habits. For families who struggle to find accessible dental care, hearing a child say they love going to the dentist is something worth smiling about.

WHAT'S NEXT FOR PRASAD

WHAT'S AHEAD THROUGH THE END OF THE YEAR



As we enter the final months of 2026, your support will help PRASAD continue responding to the interconnected needs of the communities we serve.

In India, **PRASAD Chikitsa** will continue offering comprehensive healthcare while expanding initiatives that strengthen nutrition, access to clean water, sustainable agriculture, women's livelihoods, and environmental sustainability.



In the United States, **PRASAD Children's Dental Health Program** will continue bringing preventive and restorative dental care, oral health education, and family outreach to children who face barriers to care.

In Mexico, **PRASAD de México** will continue partnering with organizations to provide free eye surgeries for children and adults with limited financial resources.

One mission, many solutions—all made possible through partnership. Together, we can finish the year by bringing better health, greater opportunity, and hope to thousands of children, adults, and families.

YOUR GIFT CREATES LASTING CHANGE



Every story and achievement in this newsletter is possible because people like you choose to care. Your generosity helps children receive essential healthcare, families gain access to clean water and nutritious food, women build livelihoods, farmers strengthen their incomes, and people regain their sight. Please give today and help PRASAD continue creating holistic, sustainable, life-changing solutions with the communities we serve.

Monthly Giving – Become a PRASAD Partner! A monthly gift provides reliable support that helps us plan ahead and sustain our programs throughout the year.

Matching Gifts: Ask your employer's Human Resources department whether they offer a matching gift program. Your contribution could be doubled—or even tripled.

Host a Small Event: Bring people together to benefit PRASAD. We'll provide guidance to help make your event meaningful and successful.

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.

©2026 PRASAD. All rights reserved. PRASAD and PRASAD CDHP are registered trademarks.

HOLISTIC. SUSTAINABLE. LIFE-CHANGING.