



2022 MARKS THE PRASAD PROJECT'S 30TH ANNIVERSARY!

For the past 30 years, The PRASAD Project has been partnering with communities to design and implement innovative solutions that respond to and respect local conditions and cultures and inspire people to improve quality of life for themselves and their communities in India, Mexico, and the U.S.

Since 1992, PRASAD's programs have helped more than 1 million indigenous Adivasi people in 250 villages across India's Tansa Valley through healthcare, education, women's empowerment, community development, food security, livelihood, and agriculture programs. In Mexico, 33,000 children and adults have received free eye surgery to correct cataracts and cross-eyes, and in the U.S., 90,000 low-income children in Sullivan County, NY have received dental health education and treatment. And there is more to do...

Now, we are looking toward the future. We are focused on growth and sustainability as an organization and for our programs across the globe, so that we can meet the evolving needs of the people we serve for generations to come.

To do this we need to improve our capability by updating facilities and technologies, bringing in new people with diverse skills, expanding current programs and exploring new ones, and continuing to assess community needs and program impact.

As we look ahead, we are optimistic about the future! We are committed to continuing our work to fulfill our vision of healthy communities prospering in harmony with the natural environment by investing in improving our capacity to deliver innovative services today and for the next 30 years.

We look forward to celebrating with you in this most auspicious of years for The PRASAD Project!

Warm regards,

Handwritten signature of Thomas Korula in black ink.

Thomas Korula
Board Co-Chair

Handwritten signature of Dr. Vivek Panchapakesan in black ink.

Dr. Vivek Panchapakesan
Board Co-Chair

Handwritten signature of Dr. M. Cecilia Escarra in black ink.

Dr. M. Cecilia Escarra
Executive Director

PROGRAM UPDATES



We are delighted to report that, after suspending or limiting many PRASAD Chikitsa programs due to the pandemic, most are now up and running at full scale. Here is an update:



Healthcare: General and specialized medical services, eye surgery, and dental services are available at the healthcare center in Ganeshpuri, and the Mobile Hospital is again serving remote villages across the Tansa Valley. PRASAD Chikitsa has also been organizing health camps for mothers of children aged infant to six years to identify children with severe acute malnutrition (SAM) and moderate acute malnutrition (MAM). The goal of the Nutrition Program is to provide 125,000 servings of nutritional supplements to 500 children in the coming year.



Helping Women Thrive: The Self-Help Group (SHG) program trains women and promotes income generation activities. As many of the women participants cannot read, facilitators use storytelling, group games, and more to cover topics ranging from conflict resolution to financial management. There are 3,069 women participating in Self-Help Groups, and more than 16,000 women have participated in empowerment trainings.



Tree Planting: This program supports farmers to grow fruit and forestry trees that help them earn a living. Trees also benefit the environment with the increased green cover. PRASAD Chikitsa's goal is to distribute 20,000 saplings annually.

Floriculture: Markets and temples have reopened, and the demand for floral offerings is on the rise. Farmers cultivating Jasmine and Golden Champa can start earning within 18 months, and the plants will produce a cash crop for 15 years. Adivasi famers can earn \$700 – \$800 a year selling both loose blossoms and head garlands. This year, PRASAD Chikitsa will distribute 15,000 Jasmine and 5,000 Golden Champa saplings to 250 farmers.

Kitchen Gardens

PRASAD Chikitsa's sustainable agriculture efforts help families cultivate small organic gardens big enough to help diversify their diets with nutritious, home-grown fruits and vegetables and provide a surplus to sell at market, along with jasmine blossoms. Since 2005, PRASAD Chikitsa has helped 10,450 families start Kitchen Gardens, and, in the next 12 months, will help 400 more.

PRASAD CHILDREN'S DENTAL HEALTH PROGRAM

Since 1998, PRASAD CDHP has provided dental health education and care to children in Sullivan County, New York. In November 2021, PRASAD CDHP worked with the New York State Department of Health to successfully bring the Mobile Clinic back to schools. Also, in March, we resumed in-school dental health education classes.



PRASAD DE MEXICO

During the Covid-19 pandemic, PRASAD de México has remained active by helping individuals access free eye surgeries. This year, the volunteer team is planning eye camps in Guanajato and Guerrero States.



BECOMING ECONOMICALLY SELF-RELIANT



Nitesh and Ashwini Gond have enthusiastically participated in PRASAD Chikitsa programs for the last five years, and it has changed their family's life for the better!

In 2016, the couple planted a fruit orchard, and with PRASAD's help it flourished. Next, they decided to expand and joined the Floriculture program, planting jasmine, a cash crop that would more quickly make it to market.

Then came Harshali, their first child, a daughter. Her arrival inspired the growing Gond family to plant a Kitchen Garden, which would provide, nutritious, home-grown vegetables, especially important for growing children, as well as additional income from the sale of the extra produce at market.

Now, Harshali is 3 ½, and she has a one-year-old little brother, Aadarsh. Both children regularly attend the local Anganwadi (pre-school), where they receive milk and supplemental snacks through our Nutrition program. Recently assessed by PRASAD's medical team, they are at normal height and weight for their ages!



Ashwini is grateful, *"We are thankful for the ongoing nutritional support for our children and the assistance in cultivating our jasmine, fruit orchard, and kitchen garden. Our lifestyle has changed. We have become economically more self-reliant and can provide the best for our children."*

SAVITA'S STORY: A TAILOR'S DREAM COMES TRUE

Savita Shetty lives in a hut in Ganeshpuri with her husband and two children. Her husband Rajesh has a small business making and selling garlands at the local temple.

Savita is known in her community as a good seamstress, and though she dreamt of opening a tailoring shop and teaching sewing classes, finances were a big obstacle. The family income barely covered household expenses and the children's education. So, she stitched clothes at home to help support her family.

Through her Self-Help Group, Moreshwar, Savita heard about PRASAD Chikitsa's financial aid program and applied. Happily, Savita was awarded a \$325 loan.

With funds in hand, she found a shop space and purchased sewing machines and tailoring material. Now, Savita tailors clothes and makes new garments to sell at her shop, while running tailoring classes attended by local women. She earns approximately \$130 monthly.



"After shifting my tailoring work from my home to the shop, my income increased. I have more customers because the shop is on the corner of a busy road, which gives it good visibility and easy accessibility. Thank you PRASAD for helping me realize my dream."
Savita Shetty

The PRASAD Project

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PRASAD'S 30TH ANNIVERSARY - SETTING A SUSTAINABLE FUTURE

We are focused on growth and sustainability as an organization and for our programs across the globe. We are improving our capability to meet the evolving needs of the people we serve for generations to come. To achieve this, we need to raise an additional \$150,000 this year. Here are a few of our 30th Anniversary initiatives:

IN THE U.S. AT THE PRASAD PROJECT HEADQUARTERS:

Enhance operations, increasing our ability to provide strategic and operational support to our global programs and to ensure PRASAD's vision for the future.

IN INDIA AT PRASAD CHIKITSA:

Upgrade the main office and medical facilities, expand the Nutrition Program and increase the number of villages visited by the Mobile Hospital; empower and support more women to start SHGs; plant more trees; and help families to improve food and income security.

IN THE U.S. AT PRASAD CHILDREN'S DENTAL HEALTH PROGRAM: Update the Mobile Dental Clinic equipment and provide in-school dental health education and dental care to 4,000 children.

IN MEXICO AT PRASAD DE MEXICO:

Help improve the organization's volunteer structure and its ability to organize eye camps that will provide more low-income people in Mexico with free eye surgery.

YOUR SUPPORT IS MORE IMPORTANT NOW THAN EVER

Helping others is what PRASAD is all about. Our holistic approach to addressing needs in the communities we serve leads to better quality lives. Contributing to PRASAD's mission not only improves the lives of these vulnerable populations but can also have a deep and meaningful impact on yours as well.

We are optimistic, and we must persevere, but to do this we need your help. Please consider giving a spring gift of rejuvenation now or becoming a PRASAD Partner (monthly donor), if you're not already.

Please mail your gift to the address provided or visit www.prasad.org today!



Philanthropic Relief, Altruistic Service And Development

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