



## 2022 FALL NEWSLETTER

### HAPPY 30TH ANNIVERSARY, PRASAD!

On March 13th, our organization completed 30 years of sustainable work. We are proud to celebrate another milestone in the history of PRASAD, and we take this special occasion to thank each one of you for your ongoing support.

PRASAD has a solid history of committed humanitarian work serving communities in need. The distinguishing attribute of PRASAD's focus is working in partnership with people to develop and deliver sustainable programs that address the many challenges they confront daily.

What began as a volunteer effort in the 1970s in India, has now evolved into an organization with branches in six countries that has benefited millions of people in need. PRASAD has achieved numerous accomplishments, including receiving for the *fourth consecutive year, a 4-star rating* (the highest possible) from Charity Navigator, the leading U.S. nonprofit evaluator.

Without the support of our donors, volunteers, and staff this would never have been possible. We are grateful to the people who receive our services and have entrusted us to help them improve their quality of life.

We would like to extend our deepest gratitude to Gurumayi Chidvilasananda, the Spiritual Head of the Siddha Yoga path, whose vision is the core inspiration for PRASAD.

Looking to the future, we are committed to keep growing our organization and offering services with nothing less than the best so that we can continue meeting the evolving needs of the people we serve for generations to come. To do this, we are organizing a 30th Anniversary Fundraising Campaign to support capacity building that will enable PRASAD to acquire, maintain and advance the resources necessary to carry out its work and achieve its mission.

With your support, we will continue to explore new heights for many years. We look forward to celebrating with you in this most auspicious of years for PRASAD!

Warm regards,

Tom Korula  
Trustee and Co-Chair

Dr. Vivek Panchapakesan  
Trustee & Co-Chair

Dr. M. Cecilia Escarra  
Executive Director



### PRASAD

#### BOARD OF TRUSTEES

Thomas Korula, Co-Chair  
Dr. Vivek Panchapakesan, Co-Chair  
Jyotika Patel, Treasurer  
Deborah Royce, Secretary  
Harriette Cole, Trustee

#### EXECUTIVE DIRECTOR

Dr. M. Cecilia Escarra

## Working in Partnership with People

People are the first and best response against the many challenges facing our world, from climate change to the persistent COVID-19 pandemic. Since the beginning, PRASAD has been partnering with people to empower them and improve their quality of life, protect and restore natural resources, and advocate for equity and dignity for all.

Every issue is interconnected. How empowered people feel impacts their collective ability to improve and make progress. The stories we share help us imagine a better future for all.

### Breaking Stereotypes



Pranjal Pramod Patil wanted to break stereotypes imposed on women to become homemakers. She graduated from Mumbai University and hoped to pursue a Master's degree. But without the means to pay for graduate studies, her parents arranged a marriage for her.

A PRASAD Chikitsa outreach worker encouraged Pranjal to form a Self-Help Group. Pranjal, wanting to do something for the economic upliftment of the women in her community, agreed and started a group with 12 women in 2016. Initially, the women sought help for their household needs. Now, they are becoming entrepreneurs, opening small businesses, like Pranjal's clothing shop, that fulfill local needs and bring economic stability to their families.

*Pranjal commented, "Since my children started going to school, the financial burden increased a lot, but now with the added income from my shop, I am able to manage the expense."*

### Continue to Dream of a Good Future



This is the story of Adil, a hard-working young man from Vajreshwari village. He is twenty years old and lives in a small, rented room with his two siblings and his parents. His father, Shakil, works in the local factory but struggles to support the family with his limited earnings. Adil and his mother, Anjana, supplement the family income with part-

time work.

Adil was in his final year of high school when his family realized they couldn't afford the fees for him to graduate. Anjana learned about PRASAD Chikitsa's scholarship initiative and decided to apply for her son.

*She was thrilled when PRASAD Chikitsa granted them the amount needed to cover his expenses. "If we didn't pay the fees, Adil would not be allowed to take his final year exam. Thanks to PRASAD, we can continue to dream of a good future for our son and family," she said gratefully.*

## 30 YEARS OF SERVING THOSE IN NEED

### INDIA

- Mobile hospital: health care services: **1,060,000 people**
- Milk & Nutrition Program: **1,300,000 servings**
- Eye care, screenings and surgeries: **255,000 people**
- Medical Center: **380,000 visits**
- Self-Help Groups: **3,100 women**
- Tree Planting & Floriculture: **99,000 saplings distributed**

### UNITED STATES

- Dental Health Education: **90,000 children**
- Dental visits: **31,000**
- Dental procedures: **95,000**

### MEXICO

- Free eye surgeries: **33,600**



# PRASAD CHILDREN'S DENTAL HEALTH PROGRAM



Dental disease is the most common chronic illness for children in the United States. About 20% of children aged 5 to 11 have at least one untreated decayed tooth. Cavities are preventable, yet access to dental care is the most common unmet health need in children.

For 24 years, PRASAD CDHP has been committed to improving the dental health of children by providing affordable, comprehensive dental services through education, prevention and treatment. We are delighted to report that the on-site school dental education and mobile dental clinic services re-opened in November 2021 after being paused for 18 months due to the pandemic. We are looking forward to bringing healthy smiles to children this year.

# PRASAD de MÉXICO

Due to the pandemic, PRASAD de México had to cancel its eye camps for two years. Today, we are pleased to report that our dedicated volunteer team in Mexico was able to restart their services by organizing a successful eye camp in León, Guanajuato State. Thanks to PRASAD de México and its partners 150 adults and children received free eye surgery,



## WHAT'S NEXT FOR PRASAD?



In India, **PRASAD Chikitsa** is supporting COVID recovery. Our goals for the next year are to continue delivering medical services, providing nutritional support to 500 children at village care centers, helping 350 families start kitchen gardens, planting 20,000 trees, distributing 8,000 jasmine saplings to farmers for market crops, and helping 200 families build toilets, among other services.



In the U.S., **PRASAD's Children's Dental Health Program** will continue to offer dental health education and dental services to 3,000 low-income children in New York State.

**PRASAD de México's** team will organize at least four annual free eye surgery camps to benefit 1,000 low-income people in rural areas of Mexico.



## GIFTS THAT KEEP ON GIVING

When we give a gift, we establish our connection with others, which means that the gift reflects both the giver and the receiver. Your gifts keep on giving because the people who receive services pass along the skills they've learned and share the benefits of their improved lives with family and community. Giving a gift to someone we care about allows us to communicate our feelings and appreciation for them. We can't thank you enough for your contributions to PRASAD. We hope your generosity will continue.

To support the future of PRASAD's work, we have officially launched our 30th Anniversary Campaign, and we would appreciate YOUR help to spread the word and reach our goal of raising \$150,000 toward building PRASAD's capacity to acquire, maintain and advance the resources necessary to carry out its work for many generations to come.

## HOW YOU CAN SUPPORT PRASAD

**MONTHLY GIVING:** Sign up to become a PRASAD Partner, and, as a bonus, when you give a monthly donation of \$50 or more, you will receive a luxurious scarf donated by Love Quotes™ on your Partnership Anniversary.

**MATCHING GIFTS:** Ask about your employer's matching gift program.

**LAUNCH A PEER-TO-PEER CAMPAIGN:** For more information visit our website at <https://www.prasad.org>

## HOW YOUR GIFT MAKES A DIFFERENCE

**\$30** provides 10 medical visits in India

**\$50** helps a family start a kitchen garden in India

**\$70** provides one eye surgery in India

**\$100** provides a preventive or restorative dental visit for a child in the U.S.

**\$200** provides water filters for 10 families in India

**\$500** provides nutritional support for 4 children for one year in India

**\$2,000** supports the construction of a farm well for one family in India

Please give to PRASAD today by clicking the donate button located on our homepage [www.prasad.org](http://www.prasad.org), or by mailing a check to the address below. Thank you!

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845-434-0376

**Please donate to PRASAD so we can help where it's most needed.**



### SAVE THE DATE

### BEING TOGETHER PRASAD Annual International Fundraiser

Wednesday, November 9, 2022  
7pm and 10pm ET



The PRASAD Project is a Non-Government Organization in special consultative status with the Economic and Social Council of the United Nations.

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