



# 2023 FALL NEWSLETTER

## PRASAD

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Dr. M. Cecilia Escarra

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## GREETINGS FROM PRASAD!

2023 has already been a productive year thanks to your support and the dedicated work of our staff, volunteers, and partners. We organized a PRASAD international meeting in India and visited PRASAD Chikitsa's programs; created new partnerships with like-minded organizations; expanded the reach and scope of our programs; and **we are celebrating 25 years** of giving children healthy, happy smiles through PRASAD Children's Dental Health Program!

When people can't come to healthcare centers, we go to them. In India, Mexico, and the U.S., our programs bring services directly to people where they are, making it easier for patients of all ages and walks of life to get the care and resources they need when they need it.

More than two decades ago, through consultations with county health and school officials, PRASAD launched PRASAD Children's Dental Health Program (PRASAD CDHP). In Sullivan County, New York, where lack of transportation prevents many families from accessing dental care, our mobile clinic makes services accessible to students right at their schools.

PRASAD CDHP has received many awards from the New York State Assembly, New York State Senate, corporations, and foundations in recognition of our leadership and excellence in maintaining children's oral health.

Since the beginning, PRASAD has been partnering with people to deliver holistic, sustainable programs in India, Mexico, and the U.S. Over the last 30+ years, we have seen the life-transforming impact of our services... restoring a smile can spark a change in a child's health and self-esteem; cataract surgery can improve a person's vision and independence; and empowering women gives them a sense of self-worth, inspiring them to take control of their own lives, both within and outside the home. The stories we share show how we are creating a better future for all.

Sincerely,

Thomas Korula  
Board Co-Chair

Dr. Vivek Panchapakesan  
Board Co-Chair

Dr. M. Cecilia Escarra  
Executive Director



# 31 YEARS OF SERVING THOSE IN NEED



## INDIA

Mobile hospital: **1,069,098 visits**  
Nutrition Program: **1,414,250 servings**  
Eye care: **261,057 screenings and surgeries**  
Medical Center: **1,005,124 visits**  
Tuberculosis: **95% cure rate**  
Kitchen gardens: **11,030**  
Number of SHG Members: **2,986 women participating**  
Arts & Crafts: **154,558 students**  
Tree Planting & Floriculture: **174,476 samplings**



## U.S.

Dental Health Education: **93,000 children**  
Dental visits: **31,800**  
Dental procedures: **98,100**



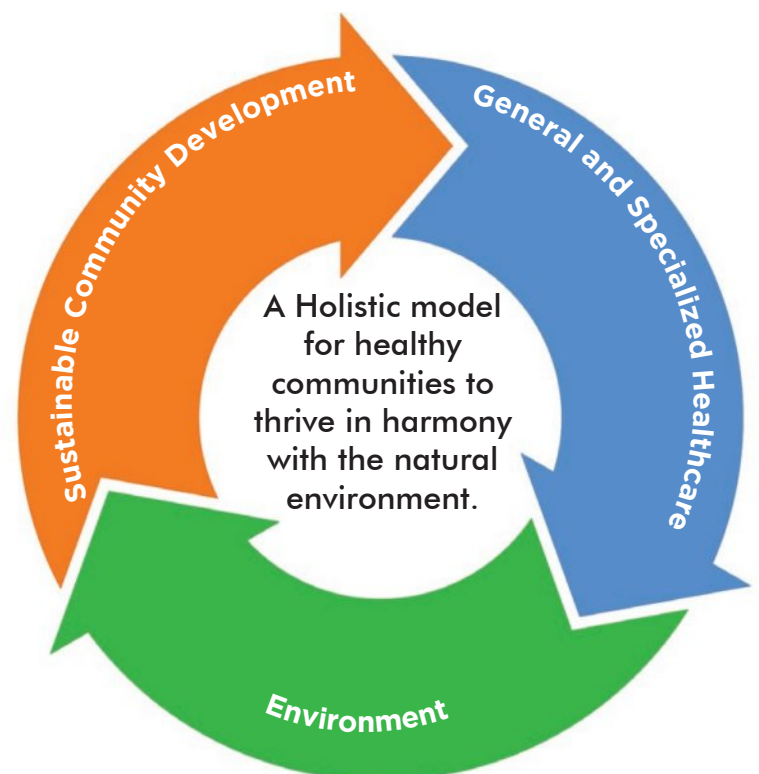
## MEXICO

Free Eye Surgeries: **34,000**  
Eye camps: **213**

## PRASAD PROGRAMS CONTRIBUTE TO ACHIEVING THESE UNITED NATIONS SUSTAINABLE DEVELOPMENT GOALS



## OUR HOLISTIC MODEL



# 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.



## Healthy Smiles for Parents & Kids

Nubia is a resident of Sullivan County. She recently brought her three children, Shane, Amari, and Kai, to see our dentist. Nubia herself came to our dental clinic as a child. When she was eleven years old, she needed a dentist, but it was hard for her parents to find one. Thanks to the school nurse, she started going to the PRASAD CDHP mobile dental clinic regularly. She shared, *“From my very first visit, I felt comfortable. I also appreciated receiving treatment at the school because of my parent’s situation. I had a great experience, and now I bring my children.”*

## Restoring Vision and Self-esteem

Children and teenagers with strabismus (crossed eyes) experience decreased quality of life because of preconceptions and unfavorable attitudes from others. Bryan, like all young people with strabismus, suffered a lot of discrimination due to his vision problem. He was insecure and shy and couldn’t afford eye surgery. Bryan felt hopeful when he found out about PRASAD de Mexico’s free eye surgeries. He traveled to the eye camp and waited his turn with other children and young adults there. A trooper, he weathered the temporary post-operative discomfort and left the hospital with restored vision and confidence to start a new life.



## Empowering Women Means Progress

Vaishali Vilas Shingada, a tribal woman, lives in Hadalpada, a small hamlet, with her husband Vilas and five-year-old daughter Chetana. Vilas works as a daily wage earner, but his earnings don’t meet the family’s daily needs, and their small land holding in the foothills can only be cultivated during the rainy season, so it doesn’t generate much income.



Vaishali has participated in PRASAD Chikitsa Self-Help Groups since 2018. During a meeting two years ago, Vaishali shared that since the pandemic, her financial situation had become difficult. PRASAD’s motivator advised her to take a business start-up loan from the group. As Hadalpada is far from the main village store, she decided to start a grocery shop in the hamlet. With her \$500 loan, she bought groceries and daily household items and started selling them from home.

Gradually, because it was a better, closer option, villagers started flocking to Vaishali’s shop. In the past two years, Vaishali has done well. Now, she earns \$50/month, has repaid her loan, and, with her savings, has built a new home. Vaishali’s family also benefited from a water filter and a toilet through PRASAD Chikitsa’s WASH program.

Vaishali said, *“PRASAD’s SHG program made us understand both the importance of the group and of savings. Initially, we used to save \$0.60 per month, but now we are saving \$3 per month. Everyone’s savings has increased to \$90! I am very thankful to PRASAD Chikitsa for making us financially literate and helping us to start businesses.”*



# WHAT'S NEXT FOR PRASAD

In India, PRASAD Chikitsa's 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 50,000 trees, distributing 10,000 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 high-quality dental health education and dental services to 4,000 low-income children in New York State annually.

PRASAD de México's team will organize three annual free eye surgery camps to benefit low-income people in rural areas of Mexico.

## YOUR GIFTS KEEP ON GIVING

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. We can't thank you enough for your contributions to PRASAD. We hope your generosity will continue.

## HOW YOU CAN SUPPORT PRASAD

To support the future of PRASAD's work, we have officially launched our Annual Campaign, and we would appreciate YOUR help to spread the word and reach our goal of raising \$100,000 toward building PRASAD's capacity to acquire and advance the resources necessary to carry out its work and secure the futures of those we help daily.

**MONTHLY GIVING:** Sign up to become a PRASAD Partner, and, as a bonus, when you give a monthly donation of \$20 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/support-our-work/>

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 PO Box 576, Ferndale, NY 12734 845-434-0376.. Thank you!



**SAVE THE DATE**

**BEING TOGETHER:  
PRASAD Annual  
Virtual International  
Fundraiser**

**Sunday, November 5,  
2023, at 6 pm ET.**



Find Us On



Visit us at: [WWW.PRASAD.ORG](http://WWW.PRASAD.ORG)

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HOLISTIC. SUSTAINABLE. LIFE-CHANGING.