

PRAYAS TIMES

The joy of giving back

Volume 1, Issue 2

January - June 2016

WE CARE





Mrs. Meena Subrahmanyam
President Prayas Trust

FOREWORD

Dear all,

It gives me immense pleasure to present the second issue of Prayas Times!

While it looks like it all started just yesterday, it's hard to believe that Prayas has actually been serving the cause of the needy by touching and transforming lives for 20 years now. We will soon be celebrating our 20th Annual Day which will be a significant milestone in our relatively short history of two decades!!

The last six months have been action-packed. Our core focus remains the three-storied Prayas Medical Centre at Virugambakkam, Chennai, where we have conducted eye, women & child and diabetes awareness camps that have received an overwhelming response. Our new partnership with DaVita Healthcare for dialysis has shown good results in terms of better care for patients and we have now started two shifts of dialysis so that we are able to serve more people. Last month we have done dialysis for over 300 cases and 28836 people were the total beneficiaries at Prayas Medical Center .

Other than medicare, the Trust has been actively involved in developing the vocational training institute and tuition centre as well. The tuition centre is functioning very well with kids excelling not only in academics but also in sports and other extra-curricular activities. We conducted a week long summer camp for kids with many interesting activities like yoga, dramatics, dance, and craftwork.

Investment in knowledge pays the best interest!! Bearing this in mind, Prayas Trust kick started a new initiative of offering financial support to school and college going children by way of school and tuition fees whose parents cannot afford their education which we hope will reap rich dividend going forward.

Prayas Trust has contributed to develop infrastructure by building toilets and drinking water facilities in a few government schools in Chennai.

We continue to reach out to the few NGOs that we engage with and I am happy to share that Susheela, a young and dynamic blind sports woman of Nilacharal ashram whom we have been supporting has made the country proud by winning a gold medal in Judo at the Commonwealth Games.

Besides, Prayas Trust has elected new Trustees on board whose efforts, we believe, will energize the team to reach out to a larger group of people with greater focus. Mrs. Vasanti Satish is the Managing Trustee with Mrs. Rajini Kanappan, Mrs. Nirmala. D, Mrs. Thangam Chokkalingam, Mrs. Radhai Veerappan, Mrs. M. F. Febin and Mrs. Mayura. K ably upholding the cause of Prayas.

The Prayas team has been doing more than its fair share to fulfil its mission of serving humanity better and we are committed to continue doing so. Honestly, the joy and satisfaction that one gets by serving the needy is difficult to express. It can only be experienced! Join Prayas and help make a difference.

Happy reading!!!

**INVESTMENT IN
KNOWLEDGE
PAYS THE BEST
INTEREST!!**



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OFFERING LIFE-SAVING CARE

Prayas Trust recently joined hands with DaVita Kidney Care, a leading provider of dialysis services in the United States treating patients with chronic kidney failure and end stage renal disease, to offer improved dialysis services to the underprivileged community.

Currently, the dialysis unit at the Prayas Medical Centre has 10 dialysis machines, with one dedicated for Hepatitis C patients. Electricity, water, oxygen and suction pumps have all been provided in this area. A technical team from DaVita Kidney Care including doctors, technicians, nurses and nephrologist provide the necessary assistance to perform dialysis on a day to day basis.



While kidney dialysis is an effective treatment and the last resort for those with stage 5 renal failure, the price tag attached to it has made it unaffordable to the poor. Prayas Trust today has broken the barrier making the treatment available to those who need it.



Dr. Sam Kripakaran, Dialysis Medical Officer at the Prayas Medical Centre shares, "Most of the cases that come here for dialysis are the only bread winners of the family. They are unable to even come to terms with the fact that they have to stay attached to the dialysis machine for at least two to three days a week for the rest of their lives. So paying a price which is much beyond their monthly income is something unimaginable for them. Thanks to Prayas, dialysis here is free and a boon to many underprivileged people living in and around Chennai like this patient who comes all the way from Vandhavasi twice a week."

"The unit operates in two shifts 6 days a week – the first shift starts at 7 am and the second starts at 12 noon," he elaborates. "Each patient takes 4 hours for dialysis. We see about 300 dialysis patients in a month and on an average we recommend that a patient takes up dialysis at least twice or even thrice a week. Unfortunately, not all patients follow our prescription because they are working and are enable to dedicate time for dialysis. So they manage to do it twice a week. There are 2 Hepatitis C patients here for whom we have reserved one machine exclusively."

"All our patients come from very poor economic backgrounds," Dr. Sam explains. "Government hospitals lack the infrastructure for dialysis and those

that do have the machines take up dialysis only in times of emergency or just 8 to 10 times under the CM's special scheme. There are also many blood tests, medicines and supplements that have to be taken by patients with CKD (Chronic Kidney Disease) which are expensive. Prayas is making all this so affordable and emotionally less strenuous for the patients here. In fact, we have a dietician who gives customized advice to patients depending on their health condition and a counsellor/psychologist too. Dialysis makes people feel low and weak mentally. Many of them get depressed. So we make it a point to boost their morale every now and then. We have patients across age groups. There is even a 13 year old girl who comes here thrice a week."



Ramya Jaganathan

Nobody who sees the tall, fair and beautiful 30 year old Ramya Jaganathan, will say that she is a CKD patient or even guess the story behind her ever moist and yearning eyes. Hailing from Villivakkam, Chennai, Ramya developed the disease when she was 18 but was fortunate to have a renal transplant just

after few sessions of dialysis thanks to her mother who was the donor.

Life seemed beautiful for Ramya when she married Jaganathan, an IT professional from Chennai but five years later Ramya yet again was on a hospital bed. This time she had developed a cancer in the brain and had to undergo several sessions of

painful Chemotherapy to resolve it. The brave and beautiful Ramya soon bounced back and got into the family way. As she and her family were celebrating her motherhood and eagerly awaiting the birth of a baby, came another shocker. "Pregnancy and renal disease don't get along" is what the doctors had to say. When one has a transplanted kidney, there are 90% chances of that kidney failing too and that unfortunately is what happened to Ramya. She delivered her baby in 7 months and had to start dialysis all over again. "We had spent till the last penny and our family is both mentally and physically exhausted. Here the dialysis that is offered to my wife is free of cost and this is a big relief for us," says Jaganathan, Ramya's husband. Let us hope and pray that Ramya soon finds another donor so that her 8 month old baby girl, who has hardly spent any time in her mother's arms, gets her mom back, tight next to her soon.



Kanniamma

13 year old Kanniamma wants to go back to school. "I feel very bored at home!" she says as she plays games on her father's mobile while connected

to the dialysis machine. "Her hemoglobin is very low and she needs repeated blood transfusions as her body does not respond to the injections we are giving. There is also

a problem with her access fistula. She is on catheter still," says Dr. Sam who has been performing dialysis on this little girl right from day one. Kanniamma's father is an auto driver and mother, a house wife. The girl was diagnosed with CKD about six months ago. The floods that hit Chennai ravaged the lives of many for some of whom their losses may have been compensated, however not for Kanniamma who developed acute fever and infection leading to CKD. Kanniamma recently registered herself with a Government Hospital and is looking for an organ donor who can add years and colour to her life so that she can soon return to school.



Hemodialysis is amazing but not as amazing as the kidney itself. Therefore, let us open our hearts and minds and see what each of us can do to help people like Ramya and Kanniamma celebrate life like we do.

PROTECT YOURSELF

Our kidneys play a vital role in excreting drugs and toxins in the body but sometimes the sheer numbers can be overwhelming and they need some help from us. You may need to undergo some detoxing therapy and you certainly need to be constantly on guard against the many drugs and other toxins that can actually harm your kidneys.

Toxins include medications such as NSAIDS and statins, aspirin and Tylenol.

In addition, here are some other ways in which you can harm your kidneys:

- Being obese
- Through fluoride in your water supply
- Using non-stick cookware
- Undergoing root canal treatment along with dental mercury amalgams
- Exposure to toxic mold at home and elsewhere
- The use of pesticides and laundry detergents and other toxic cleaning materials
- Artificial sweeteners of all types
- Consumption of fructose, sodas and candies

Tips to follow

1. Avoid contact with all the toxic and harmful items listed above.
2. Eat lots of fresh fruit and vegetables (particularly the latter) together with grass fed beef and free range chicken and eggs.

3. Stay away from sugars, sodas and artificial sweeteners, processed salty foods and bad trans fats. Instead, change to natural salt and good fats such as butter from raw cream, olive oil and organic coconut oil. Stevia is a safe replacement for sugar.

4. Try to drink only pure filtered water and several glasses per day instead of other drinks.

5. Maintain a healthy weight and, of course, this will be more easily achieved through the other lifestyle changes that you make.

6. Stay fit by at least 30 minutes of physical activity that increases your heart rate on five or more days of the week – suggestions include: walking, lawn mowing, cycling, swimming or gentle aerobics.

7. Don't smoke and limit your alcohol to a maximum of two small drinks per day for males or one small drink per day for females.

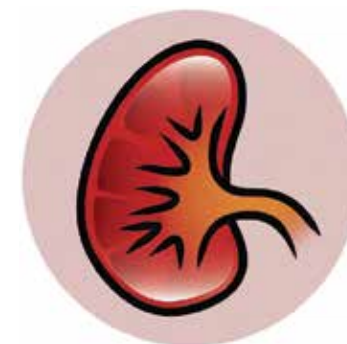
8. Check your blood pressure regularly. If your blood pressure levels are higher than they should be, lower them with natural remedies rather than statins which can actually lead to kidney damage.

9. Do things that help you relax and reduce your stress levels.

10. Spirulina (from a safe source) helps to protect your kidneys. As kidneys are one of the first organs to suffer

damage after significant radiation exposure, Spirulina is used – but research also suggests that spirulina helps protect from the nephrotoxicity of cancer treatments, antibiotics and analgesics.

11. Please be aware that many people today are gluten intolerant and as such can suffer from gluten induced kidney damage. If you are not sure or are suspicious that you might be gluten intolerant, do get genetically tested for gluten sensitivity. If you actually suffer from kidney disease, make sure your doctor checks your 25 OH D levels (vitamin D). Additionally, make sure that he measures for other nutritional deficiencies as well. Malabsorption is a common cause of secondary diseases in those with intolerance or sensitivity to gluten.
12. It cannot be overemphasized how important vitamin D is to your general health including the kidneys. Vitamin D is not a vitamin at all but a steroid hormone that is probably the single most important factor in human health. The optimum level for good health is to be between 40 ng/ml and 100 ng/ml and if you are not receiving sufficient sunlight exposure, the average adult needs to take a daily dose of 8000 IUs daily to elevate their levels above 40 ng/ml.



Remember that avoiding all toxins, taking regular exercise, along with a balanced diet and drinking plenty of water will help to keep your kidneys working well and in peak condition.

A HEALTHY MOM AND CHILD MAKE A HAPPY FAMILY

The paradox that is India is in the fact that while on one hand the country is moving towards creating smart infrastructure, on the other basic health services are still a struggle for many. According to government sources, in India 45 children die every hour due to respiratory infections, 1 child dies every 2 minutes due to diarrhoea and annually, about 2 million children under 5 years of age die due to preventable diseases.



A MOTHER NEGLECTS HER HEALTH WHILE STRIVING FOR THE WELFARE OF THE FAMILY AND

THIS CAMP SERVES AS A PLATFORM TO ENCOURAGE WOMEN TO LOOK AFTER THEIR HEALTH



Timely care and diagnosis can go a long way to reduce the incidence of morbidity and mortality especially among children and women and among its various initiatives, Prayas Trust conducts regular medical camps to protect the health of women and children. To commemorate International Women's Day, a camp was held at the Prayas Medical Centre (PMC) on 5th March that received an overwhelming response from the neighbourhood with 80 children and 43 women benefitting from the screening.

Ms. Rajini Kanappan started the camp with a brief talk on women's health and its importance in raising a happy family. Dr. Meenakshi, Paediatrician at PMC, in her address appreciated the efforts of the Prayas members in conducting such camps and maintaining clear records of children in their data base.



Dr. Vijaya, Gynaecologist at PMC, also lauded the efforts of Prayas members and spoke about the significance of Women's Day. "A mother neglects her health while striving for the welfare of the family and this camp serves as a platform to encourage women to look after their health," she said. Dr. Shankar, Chief Medical Officer at PMC, addressed the patients and spoke about the free child vaccinations given at PMC and appealed to the mothers to make use of it. Ms. Meena Subrahmanyam presented prizes for the healthiest babies who participated in the well-baby contest. Health drinks were given to all the children.

Women underwent some basic tests at the camp like Haemoglobin (Hb) Random Blood Sugar (RBS), Thyroid and Magnavision and children were screened for Hb, TC (Total Count), DC (Differential Count), CBC (Complete Blood Count) and Blood smear.



TO BEAT THE SUMMER HEAT

Following the successful distribution of Nilavembu Kashayam to immunize and protect people from viral infections during monsoons, Team Prayas distributed Neer Moor (butter milk) to the public to beat the summer heat at the Prayas Medical Centre entrance. The initiative was inaugurated by Ms. Meena Subrahmanyam on 25th April and Neer Moor was available until 31st May. People thronged in large numbers to quench their thirst and the service was well appreciated by the people in the neighbourhood.





CREATING A LIVELIHOOD FOR MANY

Prayas Tailoring Unit that provides an opportunity for a better livelihood and financial independence for women commenced its 6th batch on 25th April. Ms. Meena Subrahmanyam, President Prayas Trust flagged off the new beginning in the presence of the office bearers and other members. Ms. Akila. R, a new instructor on board - is expected to take this art to the next level.

FUN IN THE SUN

It was fun time for kids at an exclusive summer camp that was inaugurated by Ms. Meena Subrahmanyam, President Prayas Trust along with the office bearers and other members on 25th April at the Prayas Tuition Centre. Learning becomes fun when coupled with exciting activities and that is how the children at Prayas Tuition Centre were engaged with thought-provoking games such as word building, brain storming exercises and dumb charades. They were taught to make greeting cards, quilling and painting, basic hygiene and the importance of moral values. The teachers Ms. Chandra and Ms. Akila interacted with the children very well to make the camp exciting for the kids.

One of the active members of Prayas, Ms. Akshaya Babu, along with her friend and teacher Ms. Usha, conducted a 5-day yoga session for children during the summer camp. The two well-trained yoga teachers motivated the children and encouraged them to practice yoga everyday right from their childhood. The children were introduced to basic asanas following a warm-up session.

Two other teachers, Ms. Priya and Ms. Subha, taught the kids slokas and devotional songs. Children were given pencil boxes and refreshments. 27 children took part in the summer camp. The camp

concluded with an enthralling cultural performance by the children on the final day. This summer activity was rejuvenating not just for the kids but also for the members for Prayas Trust.



INSTILLING THE IMPORTANCE OF PRIMARY EYE CARE



A clear sight or vision determines quality of life! Yet, it is unfortunate that very few people understand the importance of eye care. People often take their eyes for granted seldom taking the time or effort to address eye-related issues. To help the underprivileged understand the importance of eye care and rectify eye defects, Prayas Trust, in association with Sankara Nethralaya, conducted an eye camp on 23rd January 2016.

The preparations for the camp had been meticulously carried out by the Prayas team and the camp was kick started at 8.30 a.m by Ms. Meena Subrahmanyam, President Prayas Trust who welcomed the patients



and asked them to make the best use of all the facilities at the Medical Centre. Ms. Malathi Jaganathan, a member of Prayas, addressed the gathering on the significance of eye donation. She mentioned that Tamil Nadu stands first in organ donation and that the state must eventually acquire the same status in eye donation as well. The Secretary of Prayas Trust, Ms. Ezhil Jayakumar briefed the patients on the screening procedure.

The camp was conducted professionally by a 15-member team of doctors and tele ophthalmologist from Sankara Nethralaya. Dr. Shankar, a senior eye specialist, addressed the patients on eye-care and



stressed on the need for eye-donation. 184 people were screened at the camp; 17 were diagnosed with cataract, 6 patients were taken in Sankara Nethralaya's vehicle to their hospital for surgery while 133 were prescribed spectacles.



GIVING BACK TO SOCIETY

Manmuqi village is a retirement community near Uthiramerur run by Mrs. Sujatha Natarajan, a patron of the Family Planning Association of India (FPAI) along with her family members where the residents spend their retired life working on things that are beneficial to the society.

The Chennai flood did not spare this community either prompting the members and office bearers of Prayas Trust to visit them to provide relief material in January 2016. Later, on 2nd May the team made another visit to donate some saplings nurtured at L&T's Project GreenHands nursery in Manapakkam to be planted in the village. They also offered some financial assistance to help Mrs. Sujatha in paying the salaries for the computer, spoken

English and tailoring teachers employed in the village. The village children, mostly girls spend their holidays learning computers, spoken English and tailoring, an endeavour supported by Prayas Trust.

The donation was given at a small gathering organised by Mrs. Sujatha in the presence of Mrs. Punitha and Mr. Srinivasan from Bala Mandir Trust who have been conducting vocational training classes in the village, the Principal of the local Panchayat School, the English teachers Mrs. Pattammal and Mrs. Helen, Mrs. Paranjothi, a Block Development Office at Uthiramerur and a large gathering of villagers.

Sujatha, whom the villages call a gift to the village, has been working selflessly for



the upliftment of the village folk. Recently, she exposed the village girls to a 45 days training module in which they learnt to check B.P and sugar levels with a kit. This has helped in creating awareness among the community on hypertension and diabetes and those with higher levels are advised to take medicines by consulting a doctor.

RESTORING LIFE AT POONDI SCHOOL

On 29th January, the members and office bearers of Prayas Trust visited The Panchayat Union Primary School at Ellaianman Naidu near Poondi that had been devastated in the recent floods. The school has a strength of 58 children. The office bearers and Trustees of Prayas Trust after discussions with the School Headmistress decided to donate a few essentials to the children. The team visited the school and donated school bags, note books and stationery materials. Biscuits and chocolates were also distributed to the children and their joy knew no bounds posing for photographs with the newly acquired bags and boxes.

Knowledge
is power

- Francis Bacon



LIGHTING UP THE LIVES OF YOUNG GIRLS

On 15th May, the members of Prayas Trust visited Nilacharal ashram at Nanganallur in Chennai that is run by Rajeswari Ammal Trust and efficiently managed by its Founder and Trustee, Mr. Radhakrishnan. Prayas has been extending continuous support to this ashram that shelters 18 visually challenged girls who study in various city colleges. While the Prayas members make customary visits to this place every month, this visit was however very special. It was to meet Susheela, a young and dynamic sports woman who has made India proud. She is a Judo Champion who won gold at the Commonwealth Games at Port Elizabeth in South Africa. Team Prayas called on her

to boost her morale and make her feel really special. The Trust gifted her clothes and accessories as a token of love. Prayas Trust also sponsored the school fees for 9 blind students. A cheque was presented to Mr. Radhakrishnan by Ms. Meena Subrahmanyam, President of Prayas Trust in the presence of the members.



PRAYAS DAY AT FIELD

Kolapakkam government school

On 7th January, the members of Prayas Trust made their customary visit to the Kolapakkam government school and donated laboratory reagents, other lab materials and a computer to Mrs. Prema, the Headmistress of the School. A large carton of sanitary napkins was also handed over to the school for distribution among the girls. The Head Mistress thanked the members of the Trust and mentioned that with the support extended by Prayas, the school had been progressing very well both in terms of infrastructure and quality of education.



Dazzling Stones

Following the school visit, the members visited Dazzling Stones, an orphanage in Kundrathur run by Mrs. Joyce. The Trust donated monthly provisions, some chocolates and other eatables to Mrs. Joyce who thanked the members of the Trust profusely. The students enacted plays and the members were impressed by their proficiency in acting and appreciated the teachers who had trained them so well.



Little Drops

Later in the day, Team Prayas paid a visit to Little Drops, a home for destitute people. Breads and biscuits were given to Mr. Paul who runs this home. The members spent some time with the people of the home and patiently listened to their stories.



SPEEDING UP THE EFFORTS OF TEAM PRAYAS

On 7th April, Mr. S. V. Desai, EVP & Head-Heavy Civil Infrastructure IC presented a car to Team Prayas to aid them in their day to day field activities in the presence of Mr. S N Subrahmanyam - Deputy MD & President, Larsen & Toubro at the headquarters in Chennai.

This car has been proving very useful as the ladies often travel to far flung villages in the outskirts of the city; pay customary visits to various NGOs and government schools, and also in administering the activities of the mobile medical van. Team Prayas thanks Mr. Desai for his generosity.



GIVE YOUR HANDS TO SERVE AND
YOUR HEARTS TO LOVE

- Mother Teresa

TREATING IT EARLY

Diabetes, a long-term condition that causes high blood sugar levels, has become a household name today, because of factors such as stress and a sedentary lifestyle. While the well-to-do have many specialized clinics that offer comprehensive diabetic care, the underprivileged unfortunately do not have any such and thus the disease goes unnoticed leading to severe complications and, sometimes, fatality. Researches reveal that about one third of the people who suffer from diabetes are unaware of that fact.

To address this issue in its small way, Prayas Trust organised a free diabetic screening camp on 18th May in association with IDRF (Indian Diabetic Research Foundation). The focus of the camp was early detection of diabetes in people who had not been diagnosed thus far.

Those who had registered for the camp in advance arrived at Prayas Medical Centre at 7.30 a.m to get their fasting sugar checked. There was a presentation on kidney care by Ms. Mary, the dietician from DaVita Healthcare, on the functions of the kidney and how those with diabetes can keep kidney problems at bay. "Once a person is diagnosed with diabetes or hypertension or both, he/she has to be

very careful. Such people should take the prescribed medicines without fail maintaining the dosage. Walking and physical exercise is compulsory to keep B.P and sugar levels under control. Diabetes, hypertension, heart and kidney problems are all inter-related therefore the Albumin in the urine should be kept under control. Creatinine value helps to find out how well the kidney is functioning. Hb1Ac value which is tested once in 3 months reveals whether the sugar level is good, fair or bad," she explained.

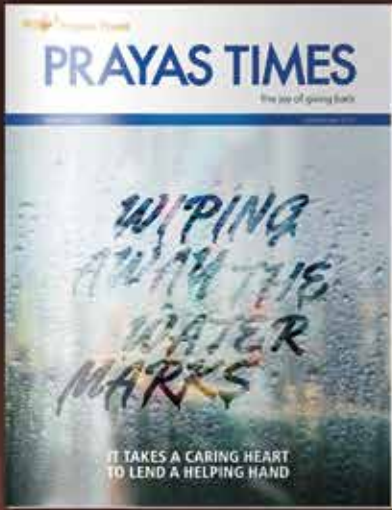
Through a diet table Ms. Mary suggested the food items that could be taken and which should be avoided. "A diabetic should take plenty of fresh green vegetables in the form of salads, boiled green vegetables, soups, buttermilk, fruits such as pear, apple, papaya, guava, toned milk and skimmed milk. White of egg can be taken daily, dressed chicken, meat, fish can be had once per week. Sweets, fried items, starchy foods, root vegetables with high starch, bottled and canned drinks, malted drinks, juices, pickled and processed food, pastries, ajinomoto have to be totally avoided," she clarified. She also addressed some of their other doubts.

87 people benefitted from this camp.

A DIABETIC SHOULD TAKE PLENTY OF FRESH GREEN VEGETABLES IN THE FORM OF SALADS, BOILED GREEN VEGETABLES, SOUPS, BUTTERMILK, FRUITS SUCH AS PEAR, APPLE, PAPAYA, GUAVA, TONED MILK AND SKIMMED MILK.



SNS RELEASES THE FIRST ISSUE OF PRAYAS TIMES



The first issue of Prayas Times, was released by Mr. S.N.Subrahmanyam, Deputy Managing Director and President on 20th February at the headquarters in Chennai in the midst of a lively gathering of the Officer Bearers and Trustees of Prayas Trust.

Mrs. Meena Subrahmanyam received the first copy and said that the magazine will reflect the endeavor of Team Prayas and the joy they bring to people's life. She mentioned that this will serve as a platform not only to share the work of Prayas Trust with a larger group of people but also seek greater engagement from the readers.



PRAYAS MUMBAI TAKES ON THE MISSION TO SPREAD THE LIGHT OF HAPPINESS

Prayas Trust added one more feather to its cap with the Mumbai team's initiative to serve the needy. Mrs. Meena Subrahmanyam, President Prayas Trust flagged off the endeavor in the presence of Mrs. Anjali Sheth (President - Prayas Mumbai), Mrs. Sangeeta Deshpande (Secretary), Mrs. V Rajyalakshmi (Jt. Secretary) and Mrs. Poonam Chandok (Head –HR TI IC). The prestigious Prayas Pin was rolled out during this occasion as the members pledged themselves to serve the cause of the underprivileged and the needy.



Later, Team Mumbai paid a visit to Chennai and spent quality time at the Prayas Medical Centre in Virugambakkam to understand its functioning and took part in the various reach out efforts for a few days. All the ladies shared ideas and added value to each other in their reach out efforts. The teams bonded well through some eat outs and sightseeing as well. The learnings from Chennai would certainly help the Mumbai team carry forward the gesture in their region.



PRAYAS TRUST MUMBAI QUENCHES THE THIRST OF 200 VILLAGERS

Prayas Trust Mumbai quenched the thirst of 200 plus villagers of Turade village who had earlier depended on a meagre source of water by constructing a well with help of locals that comprised cutting of 75 cu.m of hard rock and raising up a RR masonry wall in 21 days' time. The project commenced on 23rd May 2016 and was inaugurated on 10th June in the presence of villagers and Prayas Members.



SUPPORTING SNEHA SADAN

Prayas Trust in Mumbai reached out to the inmates of Sneha Sadan girls' home on 8th March 2016 by providing school bags, eatables and fruits to the 40 girls of the home. This activity was initiated by Mrs. Anjali Sheth, Mrs. Udaya Kolli, Mrs. Sangeeta Deshpande, Mrs. V. Rajyalakshmi, Mrs. Ranjan Bansal, Ms. Shobana and Ms. Saily S.



LENDING A HELPING HAND

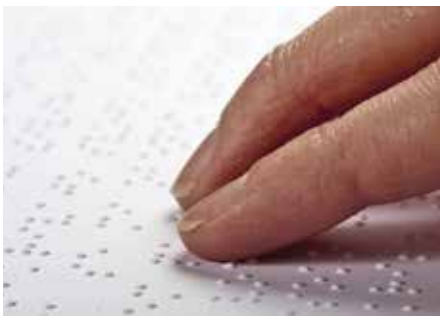
Dinesh, a 24 year old trainee QA Engineer at RavSoft Solutions, Chennai remembers Prayas in his prayers each day. This young boy is back on his feet after a sudden stroke and subsequent brain hemorrhage that shook him and his family. While the boy's father, a bookshop keeper at Moore Market, struggled for funds, Prayas Trust provided financial assistance for his treatment.



EXTENDING SUPPORT TO EDUCATE BLIND STUDENTS


On 4th June, Prayas Bengaluru distributed text books in Braille for the academic year 2016-2017 to the visually impaired PUC students with the help of Gnanajothi Trust for the Disabled, a non-Government organization formed and setup by a set of visually challenged people. This organization serves the disabled community by rendering academic support

to students and distributing text books in Braille. Prayas took efforts to convert the syllabus into Braille, printing on an embosser, compiling and editing, binding and posting the same to the beneficiaries. The members of Prayas met the blind students and handed over the books to them.



INTELLIGENCE PLUS CHARACTER - THAT IS THE GOAL OF TRUE EDUCATION

- Martin Luther King Jr.



ENHANCING THE INFRASTRUCTURE OF A GOVERNMENT SCHOOL

Prayas Bangalore, in its endeavor to support the needy, donated library books and sports equipment to a Government school at Arehalli in Bangalore. On 25th January 2016, the members visited the school and donated the 170 items to the school headmistress. This support will go a long way to improve the mental and physical well-being of the lesser privileged children studying in this school.



SUPPORTING THE CAUSE OF THE ENVIRONMENT

Prayas members enthusiastically participated in the World Environment Day (WED) celebrations at L&T's Manapakkam campus. WED is observed every year on June 5th to raise global awareness to take positive environmental action to protect nature and planet Earth. It is run by the United Nations Environment Programme. This year's theme for WED – 'Go Wild for Life' – encourages celebrating all those species under threat and taking action to help safeguard them for future generations. This can be about animals or plants. Team Prayas also participated in the seed sowing event at Project GreenHands Nursery and expressed their passion towards Greening.



GO WILD FOR LIFE

INVESTING IN KNOWLEDGE

“Education is the most powerful weapon which you can use to change the world” which remains one of the key focus areas for Prayas Trust. While an investment in knowledge pays in the best interest, on 11th June, Prayas Trust kick started a new initiative of offering financial support to school and college going children whose parents cannot afford their education

Lavanya’s mother cooks in a few households and is now slowly recuperating from breast cancer. This will no longer disrupt the education of Lavanya who is doing her BSc Nursing in a private college in Chennai. Thanks to Prayas Trust.

Balasubramaniam finds it very hard to make ends meet. The education of his three boys is now supported by Prayas Trust.

due to financial constraints. Mrs. Meena Subrahmanyam along with the office bearers, trustees and members presented cheques for tuition fees to as many as 30 children and advised the parents to use the money diligently and only for their education. “Children studying well and obtaining good marks would be the ideal way of thanking Prayas,” she said.



PARTNERING WITH RASA

Prayas Trust sponsored an experimental trip for the mentally challenged children of RASA Foundation, a unique organization which focuses on the holistic development of each individual through experiences of music, dance, drama, storytelling, arts and crafts. This structured methodology was developed by Dr. Ambika Kameshwar, Founder-Director after intensive research and is a successful application today. The children had a wonderful time and for most of them it was their first flight journey. “It was a flight to remember and a trip to cherish thanks to Prayas,” is how Dr. Ambika put it.



THE ART OF TEACHING IS THE ART OF ASSISTING DISCOVERY

- Mark Van Doren



PRAYAS TRUST BANGALORE DISTRIBUTES MOBILITY AIDS TO THE DISABLED

Prayas Trust, Bangalore gave away Gaiters, AFO with sandals and a wheel chair to 11 deserving children from the lesser privileged families. The children, aged 5 to 14 years, were suffering from Congenital Deformity and Cerebral Palsy and were referred by The Association of People with Disability (APD), an institution working for comprehensive rehabilitation of economically marginalized people with disabilities. The equipment was manufactured in the in-house manufacturing unit of APD, based on the requirement of each individual beneficiary.

An event was organized at APD on 12th January’16 where the members of Prayas visited the unit and distributed mobility aids to the beneficiaries.



Women's Day

CELEBRATING WOMANHOOD

It was a ladies day out at Prayas on 17th March as over 50 members dined in style at Mainland China, Cenotaph road, Chennai to celebrate International Women's Day.



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