

PRAYAS TIMES

The joy of giving back

Volume 2, Issue 1

July - December 2016

**EDUCATION IS THE
PASSPORT FOR THE FUTURE.**

We are helping to prepare them for it today.





Mrs. Meena Subrahmanyam
President Prayas Trust

FOREWORD

Dear all,

Prayas Times is already in its third edition which is an indication of how quickly time has flown!

Perhaps, for all of us at Prayas Times, the most significant and most satisfying event of the period July – December 2016, was the Trust turning 20! Organizations of this nature do not normally last very long but we have been able to move from strength to strength and I congratulate the commitment, determination and sacrifice of each and every member, both past and present, without whose contribution this milestone would never have been achieved! This has also given us the courage and the assurance that we are on the right path and that more successes lie ahead in our concerted effort to serve and bring succor to the needy and the down-trodden.

Looking back, I am happy to say that while we have continued and moved our activities at the Prayas Medical Centre (PMC) to another level, we have also covered a fair ground in our various outreach programmes that have spanned the areas of healthcare, childcare, education, women empowerment and sanitation. Apart from the normal camps, some that were of great significance for our beneficiaries were the women and child camps, the mega eye camp and the Ortho camp that stressed the importance of safeguarding the health of bones.

Water & Sanitation is an area that we are planning to train our focus on in the coming months. We have taken a few steps by contributing to develop infrastructure by building toilets and drinking water facilities in a few government schools in Chennai but are now seeking to increase our contribution to the national Swachh Bharat movement. It is very distressing to see the condition of a lot of people in and around Chennai because of the lack of proper sanitation facilities and Prayas Trust is committed to alleviate their suffering by building toilets and setting up RO plants in schools to ensure that children have access to sanitation and clean drinking water.

The highlight of our activities has been the inauguration of the toy van called “fun and learn” with the Children Toy Foundation in mid-April, ‘17. This van, which is the first of its kind in Chennai. is equipped with toys, games, puzzles and books and will visit corporation and government aided schools across the city. It will also visit orphanages.

Our efforts to support various other NGOs in their respective endeavors such as Harihara Sudha Seva Samithi, the old age home in Thirumullaivayil, and Nilacharal Ashram, a home for visually challenged girls, at Nanganallur, both situated on the outskirts of Chennai. Our long association with the orphanage, Dazzling Stones, continues while this time we even brought animals within our ambit of care by visiting a ghoshala which is a home of abandoned cows and tended to the animals. We have also distributed uniforms, books, school bags, etc. to many school going children in the city.

With new targets, we approach 2017 with hope and promise and as we continue on our journey to reach out meaningfully to those who are in need of our help and support, I once again seek more hands to join us in this noble mission. After all, there is greater joy in giving than in receiving, so let me end with a quote from Mother Teresa: It's not how much we give but how much love we put into giving!

**THERE IS GREATER
JOY IN GIVING
THAN IN RECEIVING**



Formed with the objective of bringing succour to the needy and the under-privileged, Prayas Trust completed a significant milestone in completing 20 glorious of giving service. It was a wonderful opportunity for the team to reflect on their two decades of achievements, experiences, triumphs and failures and also a time to look into the future and reaffirm their commitment to serve the society.

To celebrate the occasion, the entire team met over lunch at the Madras Club and it turned out be a delightful afternoon full of reminiscences, nostalgic moments, humorous recollections, and of course, great food!

The thoughtfulness of the founder President, Mrs. Suryakumari Ramakrishna and the President, Mrs Meena Subrahmanyam to organize a surprise get-together was appreciated by all and to add to the flavour, a cake was cut to celebrate the birthdays of Mrs Ramakrishna and Mrs Meena Subrahmanyam.

Mrs Ramakrishna thanked the members, old and new, for being present for the occasion and specially thanked Meena S. and Ezhil for their arrangements. She expressed her delight at meeting all her old friends who had been instrumental in founding Prayas emotionally that she felt that it was almost like her children who had come to meet her!



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Lighting up lives

Education has the power to influence young, impressionable minds and channelize their thoughts and actions in the best way possible. Nelson Mandela's belief that education is the most powerful weapon to change the world rings true because ours is increasingly becoming a world where the youth need the right guidance at the right time. Realizing this growing need, Prayas Trust has been sharpening its focus in the area of education and in the process endeavoring to bring more and more children within the ambit of its beneficial influence

To evolve a strategy so that their efforts could be better targeted and more effective, a quick research was conducted to ascertain the areas that required immediate attention. The research revealed that there was a pressing need for clean and hygienic drinking water facilities at several government schools in and around Chennai. With their first goal set, the Trust promptly set about the task of providing high capacity Reverse Osmosis units to schools that now provide good and clean drinking water that quench the thirst of many smiling little faces.



“Our approach to CSR at Prayas Trust is not like a programme but it involves understanding the lives of the people and identifying ways through which we can integrate our initiatives meaningfully into their lives so that they benefit from them,” shares Ms. Meena Subrahmanyam, President, Prayas Trust. “By being focused in our efforts, we ensure that our initiatives, however small they may be, are well planned and executed and are sustainable. Our efforts in the area of education have

been in a similar vein: we started by helping in developing infrastructure and setting up RO units and, going forward, we plan to also look at building toilets at schools for the children.”

The Trust already operates a tuition centre at its premises to cater to the educational needs of underprivileged children of the surrounding area and have also joined hands with Ambedkar Study Centre at Kannagi Nagar, a Chennai suburb. Books, stationery and uniforms are being provided free-of-cost to students of some educational institutions while the students of a few other schools have been identified for higher education and training. Support is also being extended to other NGOs such as Nilacharal and Gnanadharshan that help support higher education of visually challenged girls and empower them to lead independent lives. The plan to tie up with the Children Toy Foundation and launch the Toy Van in Chennai is a novel

way to take education to the children in a fun way.

There is a lot that needs to be done and can be done and the Prayas Trust is lending its mite to help more and more children taste the fruits of education and knowledge that will prepare them for the sterner tests ahead.



Our approach to CSR at Prayas Trust is not like a programme but it involves understanding the lives of the people and identifying ways through which we can integrate our initiatives meaningfully into their lives so that they benefit from them.

- Ms. Meena Subrahmanyam



An investment in knowledge pays the best interest!

– Benjamin Franklin



PRAYAS SUPPORTS SCHOOL AT KOVUR

Members of the Prayas Trust visited the government school at Kovur on 3rd August, 2016 to inaugurate the RO plant that the trust had sponsored apart from donating four computers and distributing pencil boxes and uniform shirts to the children. Mrs. Meena Subrahmanyam planted a couple of saplings and in her address advised the children to care for nature and water the plants regularly. The principal, teachers and students expressed their gratitude and sought continued support for the school.



FACILITATING INTERNSHIPS

Prayas Trust was happy to receive 30 aspiring students from the Social Work Department, Patrician College of Arts and Science, Gandhinagar, Adyar at the Prayas Medical Centre as part of their field visit. The students learnt several aspects about how the Trust reaches out to the underprivileged. They were able to observe in close quarters as to how an NGO functions.



FUND-RAISING FOR GNANADARSHAN

Gnanadarshan, a home run by Mr. Sundaresan for visually challenged girls who arrive at the city in pursuit of higher education, is being supported by Prayas Trust. Presently, the home that is operating out of a rented premise, is in the process of constructing their own building for which funds are required. A musical fund raising evening was organised for which Prayas also lent its helping hand. Renowned artists performed for the good cause at the event that was held at Rajaji Vidya Bhavan, Mylapore.



WE MAKE A
LIVING BY WHAT
WE GET
BUT WE MAKE
A LIFE BY WHAT
WE GIVE

Winston Churchill



NURTURING AND MOTIVATING TALENT

Prayas Trust held its annual scholarship function to honour and reward students of the L&T family who passed their 10th and 12th Board Exams with flying colours on Wednesday, 10th August 2016 at the Convention Centre of L&T Construction Campus, Manapakkam.

Several senior members participated in the event at which the students and their proud parents received cash awards and certificates from Mrs. Meena Subrahmanyam, who in her address praised the children for their success, encouraged them to showcase their talents, offered a few tips on excelling in their studies and shared pointers to aspire for a bright career. The event concluded with high tea.



MUSIC TO THEIR EARS

Panchayat Union Middle School, Thirusoolam, receives regular support from Prayas Trust and has been a beneficiary through the free uniform initiatives.

As a part of its continuous support, Prayas recently provided a RO plant along with a microphone sound system and speaker to the school.

Mrs. Meena Subrahmanyam presided over the function along with Prayas members and Mr. M. Radhakrishnan, Founder & Managing Trustee of Smt. Rajeswari Radhakrishnan Charitable Trust, also graced the occasion along with his team.

Beginning with a prayer song and followed by a speech on Thirukural, the event had Mrs. Meena Subrahmanyam addressing the gathering followed by a creative presentation by the students depicting the National Symbols and explaining its heritage and value.

Mr. M. Radhakrishnan and Mrs. S. Latha Mageswari, Head mistress, profusely thanked Mrs. Meena Subrahmanyam and Prayas Trust for their timely help and support.



SOS CHILDREN'S VILLAGE OF INDIA

The SOS Children's Village of India - Chatnath Homes based at Chennai, provides family-based care for abandoned and neglected children. Operating uniquely and differently from regular homes, this institution ensures that the children are entrusted with a mother who lovingly cares for a group of 8 to 10 children of different age groups living together as a family. The mothers play a vital role in the emotional and psychological well-being of the children. Prayas Trust undertook the responsibility of sponsoring the education of five children.



CLADDING THE NEED

In a bid to improve and support education, members of Prayas Trust, on 18th March, visited St. Antony's Higher Secondary School, Velachery and donated uniforms and shoes to about 51 students who were unable to purchase uniforms and shoes while the other students of the same school were attired properly.

Following the prayer the Head mistress, in her welcome speech, thanked the dignitaries. Mrs. Meena Subrahmanyam, President of Prayas Trust addressed the gathering sharing some tips on making life successful, meaningful and joyful.

A group of students took to the dias and to the wonder of everyone presented an array of cultural events including Karakaatam, Kolaatam with Thaarai and Thappatai. The speech by a girl student on 'Contribution by Women' was insightful.



Diwali WITH KANNAGI NAGAR STUDENTS

The Prayas members visited the study centre at Kannagi Nagar, Thoraipakkam, Chennai, that is run by Mrs. Uma Maheshwari and her husband during the festive season of Diwali with gifts and sweet boxes.

During their interaction with the students, the members found them to be sincere and diligent, displaying remarkable discipline. The study centre that almost appears like a small school has transformed these students into brilliant minds, the credit for which goes to the efforts of Mrs. Uma Maheshwari.



USHERING IN THE New Year

Members of Prayas welcomed the festive season of Christmas and New Year by spending time at the Ambedkar Study Centre, Kannagi Nagar, on Friday, 23rd December, 2016. Mrs. Uma Maheshwari and her husband who run the centre welcomed the team while the tiny tots presented an enthralling musical and dance bonanza. The members experienced the joy of giving as they handed over the collected stationery items, pencil boxes, rice bags, provisions, chocolates, savouries and biscuits. To mark the festive occasion, cakes were cut and distributed to the children.



ENSURING SAFE DRINKING WATER FOR CHILDREN

The children of the Sarada Vidyalaya Middle School at T. Nagar, Chennai, an institution run by the Ramakrishna Mission, were in for a pleasant surprise thanks to the efforts of the Prayas Trust which sponsored the installation of a 500-litre capacity RO plant (water purifier) that was inaugurated on Monday, the 17th October 2016.

Mrs. Jalaja, the Principal of the school and Mr. Radhakrishnan of Rajeswari Ammal Trust welcomed the Prayas team on their arrival after which the programme began with an invocation rendered by the students and teachers of the school.

In his welcome address Mr. Radhakrishnan was all praise for the Prayas Trust and their contribution to society. Addressing the students, Mrs. Meena Subrahmanyam, President of Prayas Trust and Mrs. Ezhil Jayakumar, Secretary, encouraged them and stressed on the importance of concentrating on education and to grow and become an asset to the society.

The programme ended with a sumptuous lunch sponsored by the Prayas Trust which was served to the students of the school and to students from Nilacharal who were also present on the occasion.



NATANA GOPALA NAYAGI KALVI SEVA TRUST, MADURAI

Continuing its thrust on education, the Prayas Trust donated funds for the free distribution of books, note books and school dresses to Sriman Natanagopala Nayaki Swamigal Kalvi Seva Sangam, Teppakulam, Madurai.



MORE 'COMP'ANY

There was great joy and celebration when Prayas Trust distributed 5 computers to the underprivileged children of Ambedkar Study Centre, Kannagi Nagar. The excited children immediately worked on them, adding a splash of color by dabbling with applications such as Paint. All were eager to explore the various features of the systems and make full use of them.

Good Samaritans invariably find themselves doing their bit for Prayas Trust, and Mr. Pandiyan was no exception. A techie by profession, he volunteered to visit the study center often to train the children on computer skills. However, it looked like the children were already well versed with computer lingo, as a tiny tot at the age of 3 expanded the abbreviation of CPU!

Prayas Trust in close collaboration with Ambedkar Study Centre is surely taking the digital initiative of the country another step forward.



SUPPORT TO KOLAPAKKAM SCHOOL

Prayas Trust has been supporting apart from NGO's, a number of schools. Kolapakkam Government school is one such school, which Prayas Trust has been supporting for the past four years. A tuition teacher was recruited to coach the students of class IX, whose salary has been sponsored by Prayas Trust. Computers have been donated to the school. Every year laboratory reagents and study aids are being donated. The Principal and the team of teachers expressed their thankfulness to the Prayas Team. The students who appear for Board exams have greatly benefitted. Study material in the form of booklets of FAQs and answers to the same were provided to the students of class X. The progress of the students is constantly monitored by members of Prayas Trust.

The students of this school come from a very low economic stratum of society. This is the 3rd batch of class IX students who have benefited from the tuition sponsored by Prayas. The members see a remarkable change in the progress of the children. One of the members handles grammar once a week. The first batch whom the members handled, were indifferent and disinterested. The next batch showed a little more interest. The current batch of class IX students eagerly wait for the class. They are very receptive and answer questions. The girls seem to fare better than the boys. Tests are also conducted for these students. The tuition teacher updates the members on the progress.



TALENT WINS GAMES BUT TEAMWORK AND INTELLIGENCE WINS CHAMPIONSHIPS

Learning becomes exciting and fun when added with creative activities and that is how the children of Prayas Tuition Centre spend their evenings, with interesting and thought-provoking games apart from getting down to studies. The teachers at the Centre motivate the kids through a plethora of other activities including moral values and basic hygiene.

An award is a pride and a form of honour, a kind of recognition, which aims at facilitating one's excellent contribution in a chosen field. It is the ultimate token of recognition of talent and achievements.

Prayas won the award for 'The Best Tuition Centre' from L&T CSR Mumbai at Lonavala. Mrs. Meena Subrahmanayan, President - Prayas Trust, received the award and thanked the gathering and the other participants for gracing the occasion with their august presence.



CELEBRATING CHILDHOOD!



It is customary at Prayas Trust to visit the Guild of Service, a home for physically challenged children situated at Anna Nagar, Chennai. To make their Children's Day more memorable, members of Prayas Trust paid a visit to the home.

Mrs. Maya rendered a prayer song 'Thamizh Thai Vazhthu' and the boys gave a wonderful performance to the beat of a filmy number. Addressing the children, Mrs. Rajini Kanappan spoke about the significance of the day while Mrs. Maya explained how indebted they needed to be to their teachers and staff for their dedication. The children were gifted travel bag apart from juices and chocolates while the teachers were presented with lunch boxes.



A sad note was the news about the demise of Murugalakshmi who used to energetically render her favourite song 'Kurai Onrum Illai', always with a charming smile.

Mrs. Prema Hariharan, a senior member of the Trust, sponsored lunch for the day.



*The childhood shows the man,
as morning shows the day*

CHILDREN'S DAY @ PRAYAS TUITION CENTRE

The Children's Day at Prayas Tuition Centre was marked with an awards function for the competitions that were held during the fortnight. The students who participated in all the events with great zeal exhibited their talent and skills much to the amazement of everyone present.

A soulfully rendered invocation of the first chapter of Thirukural by Mrs. Chandra Mohan, one of the members, kick-started the schedule of events that had the students speaking on the significance of Children's day. One of the senior students gave an insightful speech comparing life to a cricket match while the maths teacher, Mrs. Sujatha, wowed everyone by sharing her knowledge on the super moon.

Mrs. Pon Mary, who handles Social Studies and Tamil at the Centre, recalled the qualities of Pandit Jawaharlal Nehru and the reason why he was loved by children. She referred to his book 'Discovery of India' that dealt with aspects such as the treasures and wealth of India which had attracted the East India Company and the French. Laced with anecdotes and film songs, Mrs. Mary, in her gripping speech, likened students to the pillars of the country and stressed on the importance of abstaining from vices and inculcating the right values. Mrs. Sakunthala, who handles English and is also the Principal of Narayana Babu Vidyalaya, shared some useful tips on how to remember lessons better and for a longer period of time. After the National Anthem that marked the end of the event, students were treated to delicious pastries and snacks.

A HEALTH CAMP UNDER THE TREES!

Dazzling Stones is an orphanage situated in Kundrathur, a suburb of Chennai, that has been under the care of the Prayas Trust. On 24th September, 2016, the members led by the President Mrs. Meena Subrahmanyam, visited the orphanage to conduct an annual health camp.

Unfortunately, when they landed at Dazzling Stones, they found that due to a power failure the children were all sitting in darkness. Undeterred, the members decided to conduct the camp outside under the sky and the cool shade of the trees.

A team of 3 doctors (a general physician, a paediatrician and a dermatologist) were part of the medical camp that benefited 105 patients. Since most of them were children, the medical team took extra care to ensure that the medicine and its dosage



was clearly written on the cover along with the name of the child. Mrs. Shobha Radharaman generously sponsored the day's meal for all at the Home and Mrs. Radhai contributed some essential provisions for later use.



DRIVING AWARENESS FOR THE BENEFITS OF BREAST FEEDING

Mother's milk is considered a lifeline to new born babies and breast feeding is perhaps one of the most critical aspects that determines a child's health. To drive knowledge and awareness for it, the first week of August is observed as the 'Breast Feeding Awareness Week'. For Prayas Trust too, spreading the good word about breast feeding forms an important aspect of their work towards improving child healthcare.

Each year Dr. Meenakshi, paediatrician and consultant at the Prayas Medical Centre, conducts a talk to spread awareness of the benefits of breast milk. She emphasized that an infant up to 6 months old should only be fed mother's milk after which other foods can be introduced along with mother's milk. She made a special mention of colostrum, the mother's milk secreted as soon as the child is born, and which is extremely nutritious and underlined the importance of feeding the new born with colostrum.

Fielding queries, she elaborated that breast-feeding reduced infant mortality and that mother's milk was a naturally balanced diet containing 82% water hence obviating the need to feed water separately further, the antibodies present in the milk help protect the child from a number of diseases.



NO BONE OF CONTENTION ABOUT THIS!

With the fast, stressful lives that we now lead, the incidence of persistent body aches, deformities and the like are very much on the rise. In recognition of the importance of this an Ortho Camp was held by the Prayas Trust at the Prayas Medical Centre (PMC), Virugambakkam.

Dr. Shankar delivered the welcome address and introduced Dr. Annamalai, the orthopaedic consultant at PMC. In his awareness speech supported by a graphic presentation, Dr. Annamalai stressed on the importance of bones to the human body and on how most issues arise due to negligence, lifestyle problems and environmental changes.

About shoulder pain, he pointed out that simple exercises could tone the muscles and relieve pain and that a

collar used to give the neck a rest following any trauma should only be used as suggested by a physician. Speaking about osteoporosis, a condition where the bone mass becomes weak, the doctor advised a diet rich in calcium and Vitamin D to strengthen the bones.

Answering questions on back-ache, Dr. Annamalai elaborated that it was usually because of a wrong posture and cautioned against twisting or sudden turning which could aggravate the pain. Osteoarthritis and degenerative wear and tear in the knee and joints were other areas he touched upon. In conclusion, he advised that people should avoid surgery when simple exercises could cure pains related to ortho issues.



SAVING ONE'S SKIN

Prayas Trust organised a skin camp on Saturday, the 20th August, 2016 at Prayas Medical Centre. Dr. Shankar welcomed the gathering and introduced Dr. Gopikrishna who was invited to speak on the causes of various skin diseases.

Supported by a graphically rich power point presentation prepared by Ms. Shamili, (PMC staff), the doctor explained the structure and functions of the skin with relevant illustrations, he highlighted the importance of proper hygiene and healthcare apart from offering tips on following the right diet for a healthy skin.

Of the 44 beneficiaries, a few cases that needed medical intervention were identified. Prayas Trust intends to help them in due course. At the occasion, hearing aids were provided to patients of the ENT camp that had been conducted the previous month.

The President, Mrs. Meena Subrahmanyam in her vote of thanks appreciated the consultant's informative presentation and expressed hope that people would benefit from such camps. Mementoes were presented to Dr. Gopikrishna and to Dr. Swarnasaranan, the ENT specialist who conducted the ENT camp.



POOJA @ PRAYAS

The occasion of Ayudha Pooja is an opportunity to celebrate and auspicious ceremonies were conducted at the day care centre at L&T Construction campus, Manapakkam, followed by an elaborate puja at the Medical Centre. Members of the Prayas Trust, doctors and the medical staff enthusiastically participated in the ceremonies by singing devotional songs. Separate poojas were performed at the tuition centre and the tailoring unit. The modest golu at the tuition centre, showcasing art by members and students drew immense attention and was appreciated by all the visitors.



BLESSING A MARRIAGE THAT MAKES A DIFFERENCE!

It was a moment of great pleasure not just for the young bride from 'Nilacharal Ashram' but also for the members of Prayas Trust to be a part of an important occasion in her life. A partially physically challenged girl was getting married at the Sri Parthasarathy temple, Triplicane and on this joyous occasion, the Prayas members blessed the couple and presented them with the traditional Pattu (silk) saree, other clothes, gifts and fruits.



REBUILDING TRUST

Rajeswari Ammal Trust, an NGO run by Mr. M. Radhakrishnan, supports construction and rehabilitation of houses affected by the recent Chennai floods at Senjimanagar, in the Thiruvallur district of Tamil Nadu. Prayas Trust extended its support to this selfless activity and consequently the members were invited for the house handing over function on Sunday, the 21st August 2016. In a grand function amidst music, dance and cheer, the members were warmly received. The Prayas members entered the house after cutting ribbons and lit the auspicious lamp for the Pooja ceremonies apart from handing over gifts to the delighted house owners. The members were also thrilled to see the milk-boiling (house warming) ceremony being done the traditional way using aduppu (wood burnt fireplace).



A HOME THAT CARES FOR THE UNCARED

Members of the Prayas Trust visited a ghoshala, run by Dr. Sadhana, which is home to 80 abandoned cows. The members fed the cows with agathi keerai (greens) and plantains apart from performing a gho-puja. Later sweets and savouries were distributed to the dedicated caretakers after which the members visited a proposed larger site to which the cows will soon be shifted. The office bearers donated the contribution by Prayas Trust

and individual members to Dr. Sadhana who shared incidents and miracles that had occurred in her personal life which had driven her to this unusual and lofty mission of saving these unfortunate animals from cruelty and suffering.



LENDING A HELPING HAND - PRAYAS VISITS VARIOUS NGOS

Harihara Sudha Seva Samithi

It was a joyous Diwali for the old age home at Thirumullaivayil, on the outskirts of Chennai, when members of Prayas Trust paid their annual visit with sweets and clothes on 20th October 2016. Mrs. Padma and Mr. Sethuraman, the couple who run the home, gave the members a warm reception while Bhuvana, the youngest at the home, adorned herself with the accessories presented by Mrs. Meena Subrahmanyam, much to the delight of everyone. The members shared vada and payasam with everyone at the home.



HELPAGE INDIA AWARD

Helpage India, an NGO that is active in ensuring Elder Rights is working towards providing adequate health and age appropriate services, fighting against poverty, isolation and neglect of elders. On October 01, 2016 the appropriate occasion of Senior Citizens Day, Helpage India awarded Prayas Trust for its continued support. Mrs. Ezhil Jayakumar, Secretary of the Trust, and Mrs. Sathya Ravichandran, Treasurer received the award on behalf of the Trust at an event conducted at Sri Kuchalambal Kalyana Mahal, Chetpet, Chennai.

Nilacharal Ashram

The Prayas team visited Nilacharal Ashram at Nanganallur, a Chennai suburb, a home for visually challenged girls that is run by Mr. Radhakrishnan, Managing Trustee of Rajeswari Ammal Trust. Hailing from various parts of Tamil Nadu, the residents of the ashram pursue their education at certain city colleges. The girls were presented



with saris and sweets on the occasion of Diwali. Excelling in both academics and extra-curricular activities, the girls prove that their disability is no deterrent to their progress; they are also encouraged and motivated by Mr. Radhakrishnan with his boundless energy.



PRAYAS TRUST FEATURED IN MANGAYAR MALAR MAGAZINE

An article highlighting the philanthropic services rendered by the Prayas Trust was published in the popular Tamil Magazine ‘Mangayar Malar’ (Fortnightly) in its December 16- 31 issue. The President of Prayas Trust, Mrs. Meena Subrahmanyam, interacted with the media on the activities of the Trust with special reference to the Medical Centre.

Excerpts from her speech:

“Service to the underprivileged is our only motto and we offer medical service to the less privileged people of this area. Consultations for general health, paediatric, gynaec, ENT, dental, nephrology, physiotherapy, cardiac and eye care are offered by specialists and medical tests are conducted at a very nominal rate. With 10 dialysis machines, we charge a very minimal amount that attracts the underprivileged from even the outskirts of the city to avail this facility. Medicines for diabetes and hypertension, multivitamin tablets and even antibiotics (as prescribed) are given free of cost while some medicines are given at a 15% discount.”

Informing that the Trust was established 20 years ago, Mrs. Ezhil Jayakumar, Secretary of the Trust added, “The Medical Centre is one of the major units of our Trust. The medical specialists have heard our request and offer their services at our facility thereby encouraging us further in our endeavour to provide quality medical care to the needy. Special camps such as eye camps, women and children health camps, pulmonary function tests and diabetes camps are conducted periodically.”

Mrs. Lavanya Raghu, counsellor at the Medical Centre: “We are a 35-member medical staff at this centre and we focus on cleanliness and hygiene to maintain it. To enhance

the standard of living of the people of this neighbourhood, the members of Prayas Trust have initiated several meaningful healthcare projects. The tuition centre for students from very low income groups and a tailoring unit to empower women also deserve a special mention for their contribution to the society.

A mobile medical van of the Trust takes healthcare to remote areas of the city and creates awareness on healthcare especially amongst women. The Trust also co-ordinates and works with other NGOs to help the differently abled and visually challenged.”



Service to the Underprivileged

WHEN CHENNAI GIVES, SO DOES PRAYAS

Prayas Trust had the opportunity to donate books, clothes, games, household items, stationery, adult diapers, sanitary napkins, footwear and other items to improve the lives of the less fortunate through the 'Chennai gives' initiative – that aims to pick up donations from homes and corporate offices and reach it to the deserving. Uber facilitated Prayas by collecting the packed items right from the doorsteps.

Prayas Trust feels proud to be a drop in this ocean and join hands with this mega event 'Chennai gives'.



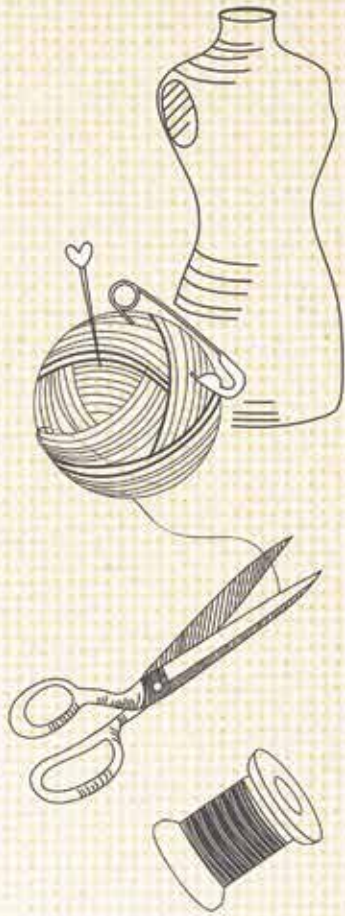
PROVIDING A GREEN COVER FOR MOTHER EARTH

In its thrust towards sustainability, Prayas Trust has so far, in the last one year donated over 2800 saplings to other NGOs in and around Chennai.



PRAYAS TAILORING UNIT

To empower women and equip them with opportunities to become self-reliant, Prayas Trust established a stitching and tailoring unit that trains women who are socially & economically backward or are from rural communities. Lasting a period of 3 months, these comprehensive courses train students to start tailoring venture on their own. A convocation ceremony was held for the 8th batch where the students were awarded with certificates.



SPREADING AWARENESS ON EYECARE

Nothing could be worse than to live your life with people you love but no vision to see them. Such is the importance of vision and it becomes our responsibility to care for this great gift of life. To help the underprivileged understand the importance of eye care, Prayas Trust, in association with Sankara Nethralaya Eye Foundation, conducted an eye camp on 16th and 17th of December, 2016.

About 180 people benefited from the camp of which 120 were provided with free spectacles. While some were diagnosed with cataract issues, six people with severe eye problems were recommended for surgery which will be performed free of cost at the Sanakara Nethralaya hospital.



**Almost
nothing need
be said when
you have
eyes.**

- Tarjei Vesaas



A SOUND ADVICE

Hearing, one of the most important senses for every human being, is often taken for granted owing to ignorance and neglect. It is pertinent to take care of one's ear, and have it checked periodically. To help those unable to afford such checks, Prayas Trust organized a free ENT camp, which was organized on the 23rd July 2016.

Dr. Swarnasaravanan, an ENT/ Otorhinolaryngology specialist, addressed the beneficiaries on ear care and provided free consultation, by conducting Audiograms and X-Rays. Of the 43 beneficiaries, 23 benefited from free audiograms while 10 availed free X-Rays.



MAY THE FORCE BE WITH YOU!

In yet another mission, Prayas Trust has extended their support via monetary aid to TN - FORCES (Tamil Nadu Forum for Creche and Childcare Services) by helping them bring out a souvenir to commemorate their Silver Jubilee. This NGO's services have successfully spanned over the last 25 years, and Prayas Trust hopes to assist TN-FORCES in the future to continue their benevolent service to society.

TN-FORCES was established in 1992 to advocate the cause of young children hailing from the under-privileged sections of the society. They work within the ambit of Education, Women and Child Welfare, Trade Unions, Professional Associations,

Academic and Research Institutions. This NGO was formed along the lines of National FORCES, a network of NGOs established in all states across India.



If you had a
good time playing
You're a winner
even if you lose.

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Coming soon!



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