

PRAYAS TIMES

The joy of giving back

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27th
ANNIVERSARY

MAKING A DIFFERENCE, TOGETHER



FOREWORD

The power of giving back: our story over the years

In a world often characterized by individualism and self-interest, the concept of giving back holds special significance. It embodies the spirit of compassion, empathy, and responsibility towards our fellow human beings and the society we live in. Giving back goes beyond mere monetary donations; encompassing acts of kindness, volunteering, mentorship, and positively impacting lives. Our members across India have worked long hours investing in the causes and have made a significant difference in the communities around them. I am hugely thankful to their dedication and sincerity. Today, more than ever, as we celebrate 27 years of Prayas, it is crucial to encourage all to give back to society in any way possible, big or small.

Rippling positive changes

'Giving back' creates a ripple effect of positive change as you can see in these pages. When Mrs. Suryakumari Ramakrishna (Mrs. AR) and her 5-member team started Prayas Trust in 1996, or when Mrs. Chitra Rangaswami (Mrs. KVR) ran the Prayas Medical Centre from a small room in a marriage Hall, little did they know that they would inspire a movement which would endure for so many years. Their little acts of giving served as a catalyst for further acts of kindness and generosity. Thus, by taking small steps collectively, we can address societal issues, alleviate suffering, and empower marginalized communities.

Moving with the times, we have implemented significant organizational changes that aim to enhance our operations, optimize efficiency, and elevate our collective impact that reflect our commitment to adapt and grow in a rapidly evolving landscape, enabling us to better serve our mission and the communities we support.

Personal Growth and Fulfillment:

In my personal experience, I find that the act of giving back is not a one-way street. While we may set out to make a difference in the lives of others, we often find that we gain just as much, if not more, in return. By selflessly contributing to the well-being of others, we tap into our strengths, skills and passions enabling us to make a meaningful impact aligned with our values. Moreover, the connections we forge and the gratitude we receive can profoundly impact our mental and emotional well-being.

Cultivating a Culture of Giving:

Giving back holds the power to transform lives, build stronger communities, and inspire positive change. It is a testament to our shared humanity and the belief that we all have a role to play in making the world a better place. I urge you all to embrace the spirit of giving back, not just through financial contributions but also through acts of kindness, support, and empathy. By doing so, we create a brighter future for ourselves and generations to come—a future rooted in compassion, unity, and the unwavering commitment to improving the lives of others.

Together, as we celebrate 27 years of Prayas, let us give back and shape a world that truly reflects the best of humanity.

Mrs. Meena Subrahmanyam

President - Prayas Trust





Prayas Trust Affiliate Hierarchy Structure



For 27 years, Prayas Trust has been touching and transforming lives through its network of 18 affiliated units, covering over 3000 members spread across various L&T establishments pan-India. With unwavering passion and dedication, each of these units operate under a Unit Head, Unit Secretary, Unit Treasurer, and a working committee of 3 to 5 individuals to achieve the Trust's overarching mission, serving as an exemplary model of community engagement, and an inspiration for more to join and create a brighter future for all.

Administratively well-organized, the Trust has clear guidelines and well-defined roles to ensure smooth & efficient operations made up of three primary roles: Trustees, Zone Coordinators, and Employee Representatives. The affiliates operating under each zone are tasked to implement the Trust's programmes and policies at the grassroots level, working directly with the communities they serve.

Chennai Zone of Prayas Trust covers affiliates in Chennai - Tarang, Chennai | Ananya, Chennai | Nysha, Kancheepuram.

South Zone comprise Sparsh, Bengaluru | Aashothana, Bengaluru Spandana, Hyderabad | Ujala, Vizag | Tejasvi, Coimbatore.

18 Affiliated
Units



over
3000
MEMBERS

Central Zone is affiliated to Tarang, Mumbai | Kalpavruksh, Mumbai Samarth, Vadodara | Prerana, Nagpur | Kiah, Talegaon

East Zone includes affiliates Umang, Bhopal | Shraddha, Kolkata Astitva, Kansbahal

North Zone has affiliates Nai Umang, Faridabad | Udaan, Chandigarh

Ms. Vasanti Satish serves as the Managing Trustee of Prayas Trust & as the Zone Head for the Chennai Zone. Dr Supriya Sethumadhavan is the Trustee of Prayas Trust while Ms. Sandhya Garg heads South Zone. Ms. Anita Shah heads Central Zone, Ms. Mary Kumaresan is Zone Head of East Zone, Ms. Udaya Kolli leads the Trust's operations and initiatives as the Zone Head for the North Zone while Ms. Mabel Abraham serves as the Employee Representative.



Skills today, Jobs tomorrow!

Prayas Trust affiliates with the National Skill Development Corporation (NSDC), a Govt. of India initiative, for skill development and job creation, marking a significant milestone for the organisation. Apart from offering quality tailoring training to those looking to boost their skills and career prospects, Prayas Trust will issue GOI certificates to successful trainees, increasing their employability and opportunities.

Prayas Tailoring Unit has completed its 22nd batch covering 424 beneficiaries.



Where education meets imagination

In a remarkable move to create a more immersive learning environment, the Prayas Tuition Centre in the city has undergone a significant transformation. The classrooms are replete with attractive, informative and educational paintings that cover a diverse range of subjects, including Biology, Physics, Geometry, Geography-landscapes, and English Grammar. The paintings also promote awareness of the United Nations' Sustainable Development Goals (SDGs) to instil a sense of sustainability among students.

Fostering creativity, curiosity, and learning, this Art Work project reflects the Centre's commitment to providing a holistic learning experience that nurtures the talent and potential of every student.

The initiative was supported by a group of 17 L&T-eers, along with the 'Thuvakkam' NGO team in association with the L&T CSR Wing.



Healthy kidneys, happy life!

The Kidney Health Awareness Camp organised by Prayas Medical Centre was presided by Dr Suresh Shankar, a visiting Nephrologist and the chief of M/s Nephrocare Health Services, which operates the Dialysis unit at PMC. His insightful and detailed presentation emphasized the importance of regular health check-ups and maintaining overall health. Extremely impactful, the event effectively promoted better kidney health, the importance of early detection and treatment of kidney-related ailments. The event had an impressive turnout of 32 registrations and 15 attendees benefitting from Dr Shankar's free consultation.



The key to unlocking the world of knowledge

The Prayas Tuition Centre organised a quiz competition for students to celebrate Azadi ka Amrit Mahotsav, the 75th Independence Day of India, aimed to educate the children its significance with fun and frolic.

Divided into three groups based on their grades: Class 1-3, Class 4-6, and Class 7-9, totally 58 students participated, who were well-trained by their faculties to tackle the challenging questions. The victorious and elated teams were awarded prizes.

After the quiz, the children presented a small skit highlighting the achievements of independent India, showcasing their talents and creativity. The audience was enthralled by the young ones' performances, that left a lasting impression on everyone present. The event ended on a high note with everyone enjoying the delicious snacks served.



Celebrating the guiding lights of our life

The children of Prayas Tuition Centre celebrated Teachers' Day by putting up music and dance performances along with a skit that emphasised the importance of teachers in everyone's lives. They played the role of teachers, posing riddles and English grammar questions to the audience. During the event, the teachers of the Tuition Centre and Mobile Toy Van were presented with small tokens of appreciation by the members of Prayas Trust. The fun-filled day ended with refreshments being shared between the teachers and students.



Happy Teachers Day!



Helping hands

Prayas Trust, as a token of respect and care for senior citizens, lent a helping hand to Helpage India by sponsoring the prizes for the competitions they will be hosting for seniors on World Elders Day.



Worthy watch

During the auspicious festival of Diwali, Prayas extended their support to various NGOs by making charitable donations. In response to the request made by Gnanadarshan Seva Foundation, home for the visually challenged Prayas sponsored Talking Watches for 150 visually impaired children at a total cost of Rs. 22,650/-. Additionally, Sri Hari Hara Sutha Seva Samiti home for senior citizen sought Prayas' assistance in providing 2 pedestal fans and 2 exhaust fans, which were sponsored by Prayas at a cost of Rs. 9,000/- These efforts reflect Prayas' commitment to supporting the community in meaningful ways.

Small glands, a massive impact on your health

Addressing a growing concern about thyroid disorders among women aged between 20 and 40 years, Prayas Trust hosted a programme during which Medical Officer Dr Srividya Shanmugam and Dr T Priya, General Physician delivered presentations to a gathering of 36 beneficiaries.

The doctors shed light on hypothyroidism and hyperthyroidism, emphasising the crucial role of maintaining optimal levels of thyroid hormones for efficient metabolism and highlighted the need to recognise symptoms early and seek medical attention promptly, as timely intervention can yield better outcomes.



Give a little, help a lot!

Prayas Trust Team visited the NGO Premavasam, and distributed essential kitchen appliances, including an idli cooker, a dosa tawa, a washing machine, and a mixer grinder, requested by Premavasam to meet the needs of the physically and mentally challenged children residing there. Prayas members conducted a thorough background check and ordered the appliances from reputable vendors. The representative of Premavasam, Ms Mumtaj, expressed her gratitude for the timely assistance.



Gift of confidence

In alignment with the Joy of Giving week and during the auspicious Navratri festival, Prayas Trust generously distributed churidar sets to 51 young girls in various rural areas of Tamilnadu. The benevolent initiative was in response to the request made by Smt. Rajeshwari Radhakrishnan Charitable Trust (SRRCT), and the dress materials were delivered to Mr Mahalingam Radhakrishnan, Founder of SRRCT. He then ensured that the dresses reached the underprivileged girls in need with the utmost efficiency and care.

Eat right, feel bright, let's make nutrition our guiding light!

Steadfast in their commitment to offering educational programs to promote better health and well-being in the community, the Prayas Medical Centre hosted a health promotion talk on nutrition led by Anganwadi teachers from the K.K. Nagar area. Prayas' MO, Dr Srividya Shanmugam, and paediatrician Dr Madhusudan participated in the event.

The talk was organised to celebrate Nutrition Month under the Integrated Child Development Program of TN State. The Anganwadi teachers made a detailed presentation on raising children without nutritional deficiencies, focusing on anaemia and malnutrition in children, pregnant women, and lactating mothers. They also dwelt on negative impacts of anaemia and malnutrition on growth. While an AV presentation highlighted the importance of a balanced diet. Nutrient-rich foods such as protein, iron, carbohydrates, fat, vitamins, and minerals were showcased, along with government initiatives to combat anaemia and malnutrition.

The attendees had an interactive session with the doctors and encouraged to provide nutritious food for their children. The 32 beneficiaries in attendance found the program useful, while for Prayas Trust, it gave the satisfaction of collaborating with the government on this initiative.



Every beat matters!

An informative talk on heart diseases was held at Prayas Medical Centre by Dr Srividya (MO) and Dr Priya (GP) to commemorate World Heart Day. They expounded on the history of this globally important day and its objective of combatting cardiovascular diseases and reducing the disease burden worldwide. The talk, that was well-received by 25 individuals, 12 males and 13 females, emphasised the impact of lifestyle on heart health, the importance of remaining active, maintaining a healthy diet, sleeping well, and reducing stress. The attendees were enlightened about the risk factors of heart diseases such as tobacco use, high blood pressure, high LDL cholesterol, diabetes, and obesity.



PMC staff, in line with this year's theme, 'Use heart for every heart', put up informative posters and eye-catching props to increase awareness among the patients.

Patients were also urged to undergo regular heart check-ups at the PMC.



Keep the flu at bay; take the necessary measures every day!

Dr Srividya Shanmugam (MO) and Dr Madhusudan (Consultant Pediatrician) delivered an awareness talk on the 'Precautions to be taken to avoid Seasonal Flu among children' at ADW Middle School, Virugambakkam, to about 25-30 parents with their children, during the School Management Committee meeting that was organized by Prayas Trust.

Dr Madhusudhan highlighted the symptoms of seasonal flu, recommending personal protective measures such as hand washing, respiratory hygiene, self-isolation, and avoiding contact with sick people, stating that in addition to vaccination and antiviral treatment, these measures could prevent the spread of the virus. The headmistress expressed her gratitude by honouring the doctors for their selfless service.



Investing in education today for a better tomorrow

In their constant endeavour to provide educational assistance to underprivileged communities, Prayas Trust recently conducted their Annual Merit Scholarship Function after a two-year hiatus due to the pandemic. The awards have been established to recognise and reward academic achievements of Class X and Class XII students who meet some stringent eligibility criteria. 6 students from Class X and 10 from Class XII were honoured with Certificates of Merit, Medals, and Cash Prizes.



Tailoring love

The virtuosic Prayas Tailoring Team left an indelible mark at the CSR Crafts Mela, an event organised by L & T, CSR at Manapakkam. With finesse, the team presented several handcrafted bespoke items that were wholeheartedly embraced by the visitors.

Their products, a kaleidoscope of travel bags, square pouches, potli bags, nighties, aprons, and vegetable bags, were a dazzling sight to behold. The products were so well-received that sales worth more than Rs. 15,000/- were generated in a matter of hours.



Share the joy, spread the love

In an exemplary display of altruism and collaboration, the Joy of Giving initiative saw L&T CSR and Prayas Trust join forces to raise funds for an NGO, Golden Butterflies, which offers palliative care to terminally ill children and emotional and financial support to their families. The month-long campaign with their employees worldwide, evoked a truly remarkable response with over 500 donors collectively contributing a whopping Rs. 5,86,821/-. Ms Stella Matthew, the Founder and Managing Trustee of Golden Butterflies, conveyed her gratitude to Prayas Trust and L&T for their generous donation.





Unleashing the child inside

The celebration of Children's Day at the day care centre was nothing short of an exuberant and joyous affair! The entire premises were bedecked with vibrant and lively balloons, elevating the festive spirit to an all-time high. The children and the members danced, sang, played and nostalgically relived childhood memories. The young ones were treated to mouth-watering and delectable snacks, which added to their happiness and satisfaction. Overall, it was an awe-inspiring day filled with memories that will be cherished forever.

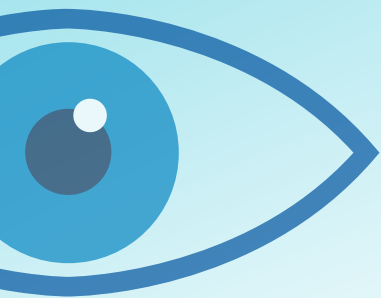


Take charge of your bone health

The Prayas Medical Centre conducted an Osteoporosis Screening Camp with 55 attendees, comprising 16 males and 39 females led by the Medical Officer and Dr Vignesh, an orthopediatrician who presented on Osteoporosis, followed by Bone Density Tests for all the participants. Based on the test results and the patients' physical conditions, individual

counselling for dietary and lifestyle changes was offered, with some patients recommended for physiotherapy. Further, a Physiotherapist demonstrated a series of easy exercises suitable for all ages and genders, with animated versions played on the TV. The event culminated with all the attendees receiving free calcium tablets for a week, and those diagnosed with severe osteoporosis advised to follow up with the Doctor. Overall, the event was a resounding success, with attendees expressing their gratitude to Prayas.





Bright sight for a better life

Prayas Trust and Dr Agarwal Eye Hospital hosted their Annual Mega Eye Camp, providing top-notch eye care to 144 attendees (45 males and 99 females).

Dr Mohanraj and Dr Swetha Ravichandran gave enlightening talks on the importance of regular eye check-ups, early diagnosis, and interventions for better eye health. The event identified 30 beneficiaries for cataract treatment and 96 for spectacles. Dr Agarwal's Eye Hospital generously provided family coupons for a 50% discount on treatment at their Porur Centre. The beneficiaries were grateful to receive quality diagnosis and treatment free of cost.



Exuberant X-Mas

The Prayas Tuition Centre held a remarkable Christmas celebration, with festivities that had been on hold for two years. The event embodied the true spirit of Christmas with fun, laughter, joy, singing, dancing, gifts, and mouth-watering treats. Everyone participated in the program, including students, teachers, Medical Centre staff, and Prayas members. The younger students, grades 1 to 4, put on an enchanting dance to the tune of Jingle Bells, followed by a mesmerising dance by grade 8 students and a speech on the significance of Christmas by Ms Swati, a grade 9 student. Next was a high-energy performance by students from grades 5 to 7, followed by a beautiful song rendered by the teachers. The program concluded with a graceful dance by the girls from grade 10 and a skit on the birth of Jesus accompanied by Carols. The children were thrilled to receive chocolates, gifts, and Christmas goodies from Santa Claus.



Unleash your potential with Prayas

On the occasion of Republic Day, Prayas Trust team visited the Kolapakkam Government school, giving funds to a teacher to provide after-school tuition for 9th-grade students. Prayas Trust has been supporting this initiative for the past ten years.

As a token of encouragement for their academic pursuits, stationaries and toffees were gifted to sweeten the occasion. In turn, the school provided light refreshments and tea for the members. The attendance register for the tuition classes was well-maintained, with regular attendance by the students.

Sasikala, who conducts tuition classes for Class 9 and other teachers, expressed gratitude and appreciation for Prayas Trust's continued efforts to educate their students. She confirmed that the students had benefited immensely from the after-school tuition classes.



A healthy family is a wealthy family

Prayas Medical Centre conducted a mother and child Health Camp on March 4th, 2023, with Dr K. Vijaya, Dr Bhanumathy Easwaran, and Dr Madhusudan leading the event. 47 women and 43 children were beneficiaries of the camp. The primary focus was on nutritional status, gynaecological health, and general health for mothers and children. Women received lab tests, iron and calcium supplements, and medical advice. At the same time, children were evaluated for growth, immunisation, and overall health. Infants' immunisation schedules and milestone achievements were checked, and mothers were educated on breastfeeding and weaning. Additionally, Abbott Laboratories conducted a free Random Thyroid Test program on the same day, serving 90 beneficiaries.

WHEN VILLAGES THRIVE



Firm in their belief that empowering villages is an imperative for the growth of the nation, Prayas Trust in 2018 embarked on a holistic rural village development initiative. The objective of the Smart & Integrated Village Development (SIVD) Programme was to combine economic growth, infrastructure improvement, and other human development factors like improved sanitation, education, natural resources, and health. However, they were mindful that for holistic and integrated village development, it was essential to gain the support, buy-in and whole-hearted involvement of multiple stakeholders, including the government, Panchayati Raj institutions, banks, NGOs, and other CBOs apart from the villagers themselves. "Another important consideration was to find the right implementation organization," recalls Mrs. Meena Subrahmanyam, and Hand in Hand India, an NGO with sound credentials in this area was chosen to partner Prayas Trust for this ambitious programme.

Fast forward to the present. After four years of the programme, the villages of Pandur, Irumbilicheri and Edayathur of Tirukazukundram block of Chengalpattu district of Tamil Nadu, wear a new look. The Smart & Integrated Village Development programme has impacted over 1050 households and changed 3500+ lives, including close to 1000 children, through interventions in Education, Child & Healthcare, Women Empowerment, and Sanitation & Hygiene, with self-sufficient communities actively promoting the development of their villages.

Education is integral to the growth of any society or culture and creating successful communities requires a strong commitment to education. The SIVD project ensured comprehensive education development across 5 schools and 3 Anganwadis with various interventions ranging from introducing smart classrooms, digital classrooms, setting up of a science center, constructing/renovating toilets, improving the quality of education through supplementary education, providing cycles for needy girl children to commute to school, and offering career guidance programs. Students' enrollment in these schools has improved by 15% with significant improvement in the learning levels of students and there have been no dropouts post resumption after the pandemic.

A huge gap yawns between the standards of healthcare in the urban and rural areas. Often, people in the rural sector are unaware of their



3200+

Villagers Benefited

10+

Multi-specialty
Health Camps

76%

Women Anemia free

entitlements from healthcare programmes, perks, and resources that have prevented them from receiving crucial healthcare to safeguard themselves and their families. To ensure that the villagers avail of all their benefits and opportunities, numerous activities were conducted across the three panchayats. 3200+ villagers benefited from over 10+ multi-specialty health camps. A special anemia care and prevention programme identified anemic women in the villages, monitored their dietary intake and by linking them to nearby PHCs, they developed 160 kitchen gardens with 16 varieties of native seeds that has ensured that 76% of the women are now Anemia free.

In the realm of women empowerment, 61 Women Self Help Groups with nearly 1000 women were either formed or defunct groups revived in all the three villages that improved their livelihoods, enabled them to up-skill themselves and become strong independent women. All the group members have been thoroughly trained in social, financial and entrepreneurship modules. The creation of 107 family-based enterprises have helped to increase their household incomes. The total savings of SHGs has crossed the 3-lakh mark and many of the SHGs have access to credit through banks and micro finance institutions. Over 70 women were provided advance training on SMO (Sewing Machine Operator) courses, aari and embroidery trainings to earn a living.



Farmers were encouraged to practice sustainable farming and numerous awareness and training programmes were conducted on conserving water, efficiently using energy, avoiding pollutants, improving soil productivity, and preventing the need of chemical pesticides and fertilizers.

The first phase of Smart & Integrated Village Development project was executed from 2019-2023 holistically in consultation and with the effective participation of community members. Effective community participation, convergence with panchayat institutions coupled with systematic project monitoring are vital for sustaining the success of the project. The villagers were involved right from the design stage to implementation of the project and hence they took ownership of the programme. The formation of village development committees and strengthening of existing committees like the School Management Committee (SMC) and the Anganwadi Level Monitoring and Support Committee (ALMSC) has ensured the continuity of programmes and have been thoroughly trained to keep a good thing going. The villagers are now empowered and aware of their rights and benefits.

"We, at Prayas Trust, are enormously satisfied that we have successfully enhanced the quality of life of these villagers, made healthcare more accessible, provided better education, opened prospects for self-employment, and have even supported environmentally friendly activities and infrastructure development," sums up a visibly delighted Mrs. Subrahmanyam.



Prayas Trust - Tarang, Chennai

Prayas Trust Tarang Chennai has been supporting school infrastructure for the Government High School, Mugalivakkam since 2017. Recently commemorating the 117th Birth Anniversary of the former CM of Tamil Nadu, Thiru K Kamaraj, which is celebrated as Educational Development Day, they provided overhead projectors in the classrooms for 10th and 12th std students. The team collaborated with the school authorities to ensure that their support aligns with the specific needs and priorities of the school and has taken up the initiative to improve the furniture and other essential educational equipment. On behalf of all the students and teachers, Mr Srinivasan, Headmaster of the Government High School, Mugalivakkam thanked the Prayas Tarang Team for their timely support which has greatly improved the learning experience of the students.



Prayas Trust - Ananya, Chennai

Affiliated with Prayas Trust (of ECC) on December 1st, 2008, Prayas Ananya was established with several key objectives: building strong relationships, engaging activities for families and social initiatives in line with the management's decision to maximize the benefits of Trust Registration and 80G. Over time, Prayas Ananya renders nutritional support to 15 beneficiaries, including orphanage children and cancer patients and in collaboration with the Mukti Foundation in Meenambakkam, Chennai, they extend a helping hand by providing artificial limbs, callipers, and hands to 15 beneficiaries.

In partnership with Canstop and M/s. Sundaram Mission Foundation, they bring relief to cancer patients at government hospitals by providing them nutritional food supplements for better health outcomes. As part of this noble cause, Prayas Ananya was a part of the 'Rose Day' event, to distribute nutritional products and spend quality time with the patients.

Prayas Trust - Nysha, Kancheepuram

Prayas Trust- Nysha based in Kancheepuram, is dedicated to empowering communities through their impactful initiatives in the areas of education and healthcare. Their recent endeavours include providing essential resources to enhance the well-being and educational opportunities for various institutions in the region.

Recognizing the needs of pregnant women and antenatal mothers, they donated 20 wall-mounted fans and 40 chairs to the Community Health Centre in Parandhur.

Wall-mounted and ceiling fans were donated to the Arcot Narayanaswamy Mudaliar Government School in Kancheepuram too. To support a primary school in Kilar, they donated a range of essential resources including chairs, wall-mounted fans, tube lights, a whiteboard, a water tank, and a shoe rack. These contributions will significantly enhance the learning experience of young students, enabling them to thrive in a comfortable and conducive environment.



Prayas Trust - Sparsh, Bengaluru

Improving school infrastructure is a priority area for Prayas Sparsh. Recently, they made a noble contribution by donating 26 chairs and 13 tables to the Anganwadi Children at the Government School in Raghunathapura, Doddaballapur, Bengaluru.

By repairing an old building and roof at the Govt. Kannada Primary School in Akkithimmanahalli they helped provide a conducive learning environment for 80 students. The inauguration ceremony was graced by Mrs. Meena Subrahmanyam, President of Prayas Trust.

The provision of bunker beds for 99 girl children at the Srirampuram orphanage/children's home at a Govt. school in Malleswaram, Bengaluru, is yet another noteworthy contribution of Sparsh. Dormitory facilities were also provided for orphaned children under the CSR Support from LTCEL and voluntary contributions from L&T Employees.

To empower women and make them financially independent, Prayas Sparsh inaugurated its second Skill Development Centre that imparts tailoring skills to 100 women annually. The team is also helping them open bank accounts to promote financial literacy, enroll in various Pradhan Mantri Yojana schemes, and form self-help groups to create self-employment, credit, awareness, and savings.

Their commitment to public welfare activities is reflected in their Project Health & Hygiene initiative, which involves donating baby clothes and nutritional supplements to mothers. The project has benefited 85 beneficiaries, improving the health and well-being of infants and mothers alike.



Prayas Trust - Aashothana, Bengaluru

Led by a group of passionate ladies, Prayas Aashothana have been working tirelessly to uplift and empower Bengaluru's underprivileged communities.

Collaborating with the Association of People with Disability (APD), the team distributed wheelchairs to six deserving individuals with special needs.

By joining hands with Abhay Ashram, a partner organization, Prayas Aashothana conducted a beautician's course with a dedicated tutor to empower and engage a group of 15 underprivileged women.

To create a clean & hygienic environment, they took up the task of fixing tiles in the toilets of the Sheshadripuram Government School to

improve the sanitation facilities for the 30 students studying there and on Republic Day, distributed sweets to 45 beneficiaries, including students and teachers.

Education has always been a priority for Aashothana. They have supported a government school in Tumkur by providing infrastructure development, benefiting 25 students. Another 10 deserving students were identified and assisted under the 'Makkal Mane' programme.

35 beneficiaries participated in a tree plantation drive at the Abhaya Ashram to contribute towards sustaining the planet.



Prayas Trust - Spandana, Hyderabad

Prayas Trust Spandana based in Hyderabad, undertook a project to support & empower individuals with hearing impairments thereby playing a pivotal role in promoting inclusivity, education, and a better quality of life by supporting Ashray Akruthi, an institute for the hearing impaired.

Understanding the importance of a conducive living environment, the team provided bunker cots and solar water heaters at the hostel for the comfort and well-being of 30 girls and 50 boys.

Through their partnership with Ashray Akruthi, Prayas Spandana provides 20 hearing aids to hearing-impaired children on World Disabled Day every year in December. Recognizing the transformative power of education, they have established a digital classroom setup at Ashray Akruthi that benefits 200 hearing-impaired students, opening them to modern educational tools and technologies to facilitate their learning and skill development. For the deaf and mute community, the Prayas Spandana-Ashray Akruthi combine have procured otoscopes and provided dining tables.

In association with Anuraag Human Services, an organization dedicated to the well-being of elderly citizens and specially-abled

children, Prayas Spandana has provided essential resources and facilities to improve the lives of those in need. They have also provided dual desks for 50 specially-abled children to help them concentrate and engage better. In addition, they have installed bunker SS cots and single SS cots for the comfort of 20 elderly citizens and 30 specially-abled children.

Prayas Spandana's commitment to education reaches beyond individual institutions, as exemplified by their support for Nishulk Government-Aided School, by implementing several initiatives to empower these young minds. Apart from providing dual school desks for 300 students, they have installed solar panels at the school to both reduce energy costs and promote sustainability while ensuring an uninterrupted power supply.

To promote digital literacy, Prayas Spandana have set up a computer lab at Nishulk Government-Aided School that has introduced 300 students to technology and valuable digital skills, bridging the digital divide and broadening their educational opportunities. Further, a water purifier installed at the school, ensures clean and safe drinking water for all the students.



Prayas Trust - Ujala, Vizag



Prayas Ujala was born in 2009 when a few like-minded people joined together in their effort to reach out to the underprivileged community in Vizag and provide them with quality living. They opened the world of education, healthcare, and sustainability to the underprivileged, recognizing the need to cater to the needs of the specially abled children and physically challenged individuals. The team extended care by offering skill-building activities, academic support, and healthcare facilities, bringing their vision to life.

The 'Naari Swasakthi' project was launched to empower & engage underprivileged women, by providing training on basic and advanced tailoring skills and preparing cleaning agents like phenyl, washing powder, & liquid floor cleaners. This project has helped 50 women

from the Timmapuram village, Visakhapatnam, Andhra Pradesh become more confident and self-reliant.

To ensure that education is accessible to all, they extended academic support to 330 underprivileged children in Ashreya School, Arilova, Visakhapatnam, through education aid. Recognizing the need for proper healthcare facilities, they established a 'MI Room' in Bhupesh Nagar, Visakhapatnam, to provide healthcare facilities to 1320 beneficiaries. Additionally, a special medical camp was organized for general, dental, and eye check-ups that included the distribution of medicine & spectacles, and dental treatment for 350 children of Ashreya School.



Prayas Trust - Tejasvi, Coimbatore

To make a positive impact in the educational sector, the members of Tejasvi Coimbatore visited government schools located near the L&T campus, conducting in-depth discussions with the headmasters and teachers to understand the students' mental health and overall well-being. One of the key concerns raised by the faculty was the lack of academic interest of 10th-grade students. Recognizing the importance of adopting a holistic approach, the team along with the faculty decided to design a specifically tailored program that tackled various aspects such as formulating effective learning strategies, managing stress levels, mastering the art of time management, and motivating to stay positive.

Extremely successful, the programme garnered active participation and provoked insightful questions from the students, demonstrating a clear intention of wanting to know & learn more, who were receptive to the advice and guidance provided.

As a token of appreciation, the Prayas team distributed fountain pens to the students. It was heart-warming to see them express their gratitude for helping them to overcome their challenges and perform better in their upcoming board exams. Prayas Tejasvi truly believes that these young individuals can gain enormously, if properly guided & supported.



Prayas Trust - Tarang, Mumbai

Prayas Tarang Mumbai has been engaging in a wide range of activities to address various social, environmental, and humanitarian issues. Over the years they have been working tirelessly to provide better access to quality education, improve infrastructure and provide skill development opportunities to underserved communities.

The team constructed a three-floor hostel that can accommodate 250 girls with sufficient toilets and a storage facility ensuring a spacious stay for the girls.

Tarang constructed a well to satisfy the needs of villages near Radyachapadaand and fulfil daily drinking water requirements of 750 villagers that frees the village women from the burden of carrying heavy vessels and children to attend school regularly.

A steam cooking system, a dough maker and chapati maker were donated to cook healthy, hygienic and timely meals for the 450 girls residing in the school premises of Adivasi Ashramshala.

Toilets were constructed at the ZP school for around 150 students that has reduced absenteeism and the incidence of communicable diseases.

350 sets of textbooks (Maharashtra State Board) were distributed to school children of grades 9 and 10 standards at the beginning of the academic year. School bags with stationary kits, raincoats and umbrellas were also distributed to around 200 students of support staff working at the AMN Tower.

Apart from these initiatives, a financial literacy and awareness program 'Paise ki Baat' curated by Ms. Jyotsna Joshi, former Chief Architect and Head Finishes – Residential Buildings and Factories was launched for 4500 construction workers at the Navi Mumbai International Airport site. Mr Ramyar Balsara, certified trainer under the National Skill Development Mission explained how to manage everyday finances. Based on this training session and feedback, further planning was given to make all other construction site workers financially literate. This programme was inaugurated by Ms. Meena Subrahmanyam, President-Prayas Trust.



Prayas Trust - Kalpavruksh, Mumbai

Prayas Kalpavruksh, an affiliate to the Central Zone, is committed to improving the lives of the underprivileged communities, by focusing on four major areas: Education, Health, Skill Development, Water & Sanitation.

By adopting the Aundhe School in Lonavala, they have provided access to quality education for underprivileged children by equipping them with the necessary stationery items such as books, bags, and stationery kits. The digital classroom has been renovated, and furnished with chairs, lights, fans, and cupboards. They have also renovated the kitchen, installed water purifiers, and constructed toilets to improve health and sanitation and distribute fruits twice a week to the children to improve their nutrition intake. As a result of all these initiatives, the school's strength has increased from 60 to 110 students.

In line with its objective to promote skill development, Kalpavruksh conducts fashion designing courses in Navi Mumbai and sewing

courses in Powai for underprivileged women that have improved their self-confidence and given them opportunities to bring in additional income for their families. Kalpavruksh supports the visually challenged by training them in customized candle making and paper bag manufacturing, helping to bolster their self-confidence and learn new skills. Additionally, Kalpavruksh provides financial assistance for medicines & basic hygiene needs and shelter for women, abandoned by their families.

The Accesslife initiative provides temporary residential facilities for children (up to 14 years) undergoing cancer treatment and their caregivers. Prayas Kalpavruksh supports this noble cause by providing a grant towards the operation cost of the cancer care center and residential facilities for needy families, apart from bearing the cost of operating the van and transporting children from the residential center to the hospital. The team has constructed a well in the Turade village to improve water sanitation, benefiting 150 villages.



Prayas Trust - Samarth, Vadodara

Members of the Prayas Samarth, Vadodara have been active with two key projects – Project Samarth focused on women development and Project Kiran providing students with better access to education and hygiene. Inaugurated on the 30th July 2022 by Mrs. Meena Subrahmanyam, President Prayas Trust, one of the key initiatives of Project Samarth was to establish a Skill Development Centre for underprivileged women in the community and help them become independent by offering various vocational courses.

The Centre offers a comprehensive tailoring course for the participants to develop proficiency in stitching and garment designing. A beautician's course is also on offer apart from a mehndi course providing specialized training in the art of applying henna. To augment the tailoring class, an embroidery class was introduced, providing the students with an opportunity to master the delicate and decorative craft of embroidery. Recognizing the significance of digital literacy in today's world, the Prayas Trust Vadodara have launched basic courses on computer usage, to equip the women with foundational skills and abilities necessary to navigate through the digital landscape.



Through Project Kiran, the team has been extending support to the students of the Maa Bharti School who find it difficult to access the school facilities due to the distance from their homes to school by providing transport for them to reach the school on time, every day, thereby ensuring that the students continue their education.

In addition, the trust has been distributing hygiene kits to the girls attending the Maa Bharti School, the Samarth Centre, and the Sankalp Special School, promoting the need for cleanliness & hygiene. They have extended financial assistance for an English and Computer teacher at the Maa Bharti School too.

Prayas Trust - Nai Umang, Faridabad

In the city of Faridabad, the Prayas Trust embarked on a mission to bring hope and change to the lives of the underprivileged by adopting 'Nai Umang,' meaning 'New Hope' with a vision to make a difference in the Delhi-NCR region by steadily establishing their identity through various projects and activities guided by the principles of Corporate Social Initiative.

Nai Umang started their journey in 2008 by affiliating themselves with Prayas Trust in Chennai, focused on projects to enhance education, skill-building, and healthcare for the underprivileged residing in slums. Collaborating with numerous NGOs, they executed these initiatives with great dedication and passion.

One of their notable projects was the Winter Camp held in Okhla, New Delhi. During the winter holidays, Nai Umang organize a month-long camp for school-going children between the ages of 6 and 12 that aims to raise awareness about health and environmental issues while providing unique learning opportunities. The children learn how to protect themselves from diseases and are exposed to a diverse range of skills such as art, craft, yoga, and motivational talks. The emphasis is on joyful learning through activities, fostering the development of skills, confidence, and constructive thinking. In addition to educational activities, nutritional kits, rations for families, and stationery are distributed. The children are also taken on exposure visits to historical monuments in and around Delhi. The camp also includes health check-ups, benefitting a total of 50 children.

Recognizing the increasing prevalence of cancer, Nai Umang took the initiative to organize 12 cancer awareness camps in and around

NORTH ZONE



Faridabad to educate individuals about cancer prevention and create awareness about the disease. In collaboration with the Vidya Jagat Cancer Foundation, Nai Umang provided general health check-ups and screenings for breast, cervical, oral, and prostate cancers. Suspected cases received free follow-up consultations with doctors. Approximately 1500 individuals benefited from these camps.

Another significant endeavour undertaken has been the Tailoring and Embroidery Courses to provide training to underprivileged women. They learn to create various designs, including frocks, blouses, petticoats, and suits. The classes have proved extremely beneficial, with many participants starting their own businesses or finding employment opportunities. A total of 80 women have benefited from this program, empowered with valuable skills.

Nai Umang also recognizes the importance of computer education and conducted a comprehensive computer course for 90 underprivileged students covering both theoretical and practical aspects of computer software and hardware, with a special focus on MS Office applications and internet usage. Spanning six months, the course was divided into two batches. Nai Umang's NGO partner assisted in securing placements for the students, enabling some to find employment in the FMCG sector, while others became trainers in local schools. In total, 90 students were empowered through this initiative.

To address the educational needs of underprivileged students, Nai Umang conducts remedial tuition classes thrice a week for 10th and 12th-grade students. Experienced teachers provide support in mathematics and science subjects; textbooks, notebooks, and stationery items are distributed too. Each course is for six months, with simultaneous batches accommodating a total of 120 underprivileged students.

To promote the health and well-being of underprivileged school children, Nai Umang organized health camps and distributed nutrition kits to 500 beneficiaries. In association with a renowned hospital in Faridabad, a general health check-up camp was organized at the Santosh Nagar Primary Government School. Alongside consultations provided by a dietician, Nai Umang's core committee members distributed nutrition kits containing items like Bournvita, fruits, and flavoured milk. School children showcased their singing and dancing talents at the program too.

Devoted to the welfare of children attending Pathshala in Pochanpur, Nai Umang established a school library to provide access to books and educational resources. Medical check-ups are conducted regularly to



ensure the children's physical well-being, while daily fruit distribution provide them with proper nutrition, strength, and the motivation to attend school regularly and punctually. Shoes and hoodies were distributed to help the children cope with the weather and maintain good health. They have further enhanced the learning experience by providing smart boards, benches, and notebooks. To encourage creativity, a drawing competition was held, and an exhibition on "Best out of Waste" promoted sustainability. In total, 120 school children benefited from these initiatives.

Nai Umang extended its support to the Lotus Petal Foundation School in Dhunela by setting up a well-equipped medical room for underprivileged children featuring essential facilities like beds, mattresses, a nursing table, chairs, blankets, a BP monitor, and a computer. The Nai Umang -Lotus Petal School combine conducted online classes, ensuring educational improvements for underprivileged children. The inauguration of these facilities was graced by Mrs. Meena Subramanyan.

The tireless efforts of Prayas Trust through Nai Umang have brought about significant changes in the lives of underprivileged children in the region. Nai Umang continues to work passionately, leaving an indelible impact on the lives of those who need it the most.



Prayas Trust - Udaan, Chandigarh

Prayas Udaan, under the guidance of its President, Mrs. Anchal Vaswani, along with other dedicated members, orchestrated a series of vocational training sessions, to empower underprivileged girls and boys. These sessions specifically focused on vocational training such as beautician skills and basic computer application in collaboration with Aruna Asif Ali NGO located in Chandigarh.

Recognizing the significant contributions of Udaan, Mr. Himmat Singh Hundal, the District Education Officer of Mohali, honoured Mrs. Anchal Vaswani, Unit Head, applauding her efforts in uplifting the community. The felicitation ceremony served as a testament to the Trust's commitment to social responsibility.

These vocational training sessions not only equipped the underprivileged girls and boys with essential skills but also opened doors to opportunities to enhance their prospects for a brighter future. The untiring efforts of the Trust have been instrumental in creating a positive impact within the community.



Prayas Trust - Umang, Bhopal

Prayas Trust Umang, Bhopal, primarily focuses on driving educational empowerment in the community, particularly through the educational initiatives at Bhopal. With the support of their partner, the Narmada College of Fine Arts Bhopal, Umang aims to provide educational resources, mentorship, and guidance to students in need.



Prayas Trust - Shraddha, Kolkata

Prayas Trust Shraddha has teamed up with two NGOs or implementing partners to address specific challenges faced by the local community. By collaborating with the Thalassemia Society of India, Kolkata, they extend their reach to offer medical support. The other is a collaboration with is the All-Bengal Women's Union to create opportunities and support underprivileged women.



Prayas Trust - Astitva, Kansbahal

The students at the Mandiakudar Mission Primary School are a happy lot thanks to a new toilet block constructed by Prayas Trust Astitva to cater to the needs of both male and female students. The team has set up an additional hand-washing area outside the building and an overhead tank to ensure constant supply of water. The construction of the toilet block has significantly impacted the health, hygiene, and overall well-being of the students giving them privacy and dignity, particularly for adolescent girls. By integrating sanitation and hygiene education, the students have developed better hygiene that extend beyond the school setting and positively impact their families and communities too.

Astitva established a Vocational Training Centre to train underprivileged women. The courses are designed to equip the trainees with the necessary skills to not just better their lives but also contribute positively to their families and communities. Upon completion of their courses, the ladies are given certificates acknowledging their hard work and commitment.

A home for the specially abled children of Ashadeep promises not just shelter and food, but also education and opportunities for co-curricular activities. In addition, the team has donated Smart TVs and inverters to both Ashadeep and the Sai Shardha orphanage to ensure that the children can study during power cuts. Over 55 children have benefited from this initiative.

To encourage children to strive for academic excellence, Astitva awarded prizes to good performers in the 10th std board examinations. They presented two students from Sai Shradha orphanage wrist watches for their outstanding academic performance.





OUR UNSUNG HEROES

They work selflessly behind the scenes, often long hours, dedicating their time, energy, and resources to improve the lives of others. Each of them contributing in their own unique way to make a positive impact at the Prayas Medical Centre, Dialysis Unit, Tuition Centre, Tailoring Unit, Toy Van, Medical van, Day Care Centre and more, without seeking recognition or fame. Their selflessness, compassion, and dedication make them true heroes.





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EDITOR - Vinod Jacob Chacko | **ASSOCIATE EDITOR** - Namitha Jayanarayanan

CONTENT ASSOCIATES - Veena Iyer, Babita Sahoo, Sanhita Saha, Prasanth V

PHOTOGRAPHY - V.S. Natanavelu, R. Saravanan

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