

Celebrating 25 years of PRASAD Chikitsa

PRASAD Chikitsa was incorporated in 1994 but it really began in the 1960s with the dilapidated houses rebuilt for 1000 poor families and the critically important medical hospital travelling to villages in the 70s. Initially much of the work was done by volunteers, including Australians, who offered their professional services on the bus or in the eye camp tents on rice fields. Today that is not necessary but it would not be possible for PRASAD Chikitsa to offer the extraordinarily wide diversity of services it does without your generosity. Our role now is to support the work being done. The programs are critical and your donations are invaluable. **THANK YOU.**

PRASAD CHIKITSA

PROJECTS

SUSTAINABLE COMMUNITY DEVELOPMENT

- Agriculture
- Arts and Craft
- Education
- Sanitation
- Clean Water
- Women's Self-Help Groups



CHALLENGES

- People-mainly tribal
- Domestic violence
- Poverty
- Child marriage
- Malnutrition
- HIV/AIDS
- Tuberculosis
- Population movement

HEALTH CARE

ANUKAMPA HEALTH CENTRE

- Shri Muktananda Mobile Hospital
- Tuberculosis Program
- General Outpatient Department
- Dental Clinic
- Specialised Outpatient Department
- Community Health Outreach

FAMILY HEALTH CENTRE

- Reproductive and Child Health
- HIV/AIDS Prevention and Treatment
- Specialised Outpatient Department
- Nutrition Program
- Diagnostic Centre

GURUDEV SIDDHA PEETH NETRACHICITSA

- Eye Care
- Cataract Surgery

SUCCESSSES in 2018

- 95% success rate in curing tuberculosis (10% higher than government target)
- Malnutrition rate dropped from 43% to 17% among children
- 168,000 nutritional servings
- 68,000 medical visits
- 187 water filters distributed
- 92 toilets constructed



A History of PRASAD Chikitsa (India)

1960s	1978	1980s	1990s	1994	1996	1998	2000	2001	2002	2003	2004
Dilapidated homes rebuilt for 1,000 poor families	Mobile hospital	Community devt work; Tuberculosis clinic; Milk project	Eye Camps; Mobile Dental Clinic; Scholarship program	PRASAD Chikitsa incorporated	Children's meal program	Kalakendra Children's Arts and Crafts Program	Netraprakash Eye Clinic	PRASAD Australia incorporated Self-Help Group Initiative	Maternal & Child Health Program; Village and School Health camps	Anukampa Health Centre; Netrachikitsa Eye clinic; Sapling distribution	Family Health Centre; HIV Program



YOUR REFLECTIONS

“I’ve been a regular donor because PRASAD Chikitsa’s philosophy is one of teaching self-sufficiency allowing its recipients to constantly empower themselves to become the best they can be in the basic skills of life: growing their own food , raising healthy babies, educating their children and taking care of their own health,. Under these conditions these communities no longer need to fear exploitation or starvation or becoming trapped in a never-ending cycle of poverty their entire life.”

“I was lucky enough to see the work that is being done to support the people of the Tansa Valley. There was an emphasis on practicality and the transfer of skills. Crucially PRASAD Chikitsa understands you have to embrace the priorities of those you are working with.”

“I like the fact that PRASAD Chikitsa provides primary care to people in remote and disadvantaged communities where health care is not easily accessible – always with respect and love towards the people it serves.”

“PRASAD nurtures a respect and care for all peoples, with a focus on empowering communities in finding their own way to self-development.”

“I love the way PRASAD Chikitsa follows up programs and cares at each age level.”

“PRASAD is dynamic and responsive to its communities. The organisation does not rest on its laurels but strives to listen and observe to improve continuously.”

“PRASAD is kind, ethical and respectful. It encourages a balance of support, healing and education to improve living standards whilst encouraging and fostering independence and dignity.”

“The health of families and village communities are helped immeasurably through restoring sight, providing sanitation, clean water, organic crops and training in environmentally nurturing forms of farming and cropping, etc. that doesn’t exhaust the land.”

“As a Board member, I am impressed by PRASAD’s low cost structure and its strong links to the people in India on the frontline of delivering services. Donating to PRASAD is one of the most effective ways we can contribute to improving the lives of people in less developed countries.”

“Not only is PRASAD Chikitsa a very worthwhile charity, but its projects are practical, necessary and successful. The home water purification system and the toilets, which family members helped to erect, are examples of directly accessing urgent needs.”

A History of PRASAD Chikitsa (India)

2005	2008	2009	2010	2011	2012	2014	2015	2016	2017	2018
Kitchen Garden Initiative	Farmers' Clubs & Orchard Initiative; Integrated Counselling & Testing Centre in Partnership with National AIDS Control Organization/ Maharashtra State AIDS Control Society Organization/ Maharashtra State AIDS Control Society	Awarded Best NGO in HIV prevention by the Indian Government	Maharashtra government recognizes the tuberculosis program as Designated Microscopy & Treatment Centre; Accredited Social Health Activist training	Community Health workers training; Smokeless Stove Initiative	Organic farming initiative	Sanitation and Water Filters	Indigenous Seed Bank; Tree Nursery; farm wells initiative	Menstrual health & Hygiene initiative	Waste Water Management program	Art and Craft program expanded to local schools

RECENT EXAMPLES OF ACTIVITIES AT PRASAD Chikitsa

PRASAD Chikitsa is always very active. Here are a few of the people who have been helped recently and how PRASAD Chikitsa engages people and organisations in their programs.



Rutika was diagnosed with Tuberculosis in early April 2019. She was immediately started on treatment in the Tuberculosis program. In the monthly follow ups, she showed improvement in every visit until she was finally declared cured.

In October, PRASAD Chikitsa helped these village women collect the relevant documents to register their names for PAN (permanent account number) cards which are mandatory for all banking and financial activities and government schemes.



In 2018, five tribal farmers joined PRASAD Chikitsa's Wadi (fruit orchard) program aiming to create a sustainable livelihood. Prakash Jogari is one of them. "I am so delighted to get support to achieve my dream of having my own fruit orchard. Thank you PRASAD Chikitsa". All of his good quality saplings are surviving.

The Art and Craft program encourages the preservation of the culture of Tansa Valley. Teaching Warli art and craft resulted from the need to preserve their rich artistic heritage. These skills translate into jobs, creating economic prosperity for the family and community. Arpit and Ganesh once said "Besides the PRASAD Chikitsa Art & Crafts centre, nobody teaches children about Warli painting." However this has changed as it is taught in schools now.



Sixty year old Mira's family faced a lot of hardships without a toilet. When PRASAD Chikitsa helped this family, the issue of their health and the inconvenience had improved but just as important was a new-found sense of dignity. 'Without PRASAD Chikitsa's support and encouragement, it would never have been possible for us to have a toilet.'

The Rotary Club of Kandivali and the Rotary Club of Bombay donated a YAG Laser machine to Gurudev Siddha Peeth Nitraprakasha Hospital for the ophthalmology department. The guests were impressed with the quality of work done at GSPNH after visiting the Medical Centre, especially the Pharmacy, and then at the Ophthalmology Department where they learnt how the department worked.



Last month "UK Charities", in partnership with PRASAD Chikitsa in the HIV Program since August 2018, have helped with expenses towards Lab disposables for HIV testing, nutritional supplements and medicines for the treatment of infections in HIV patients. After seeing all aspects of the HIV program they were treated to an overview of all the programs run by PRASAD Chikitsa raising their awareness of the wide-ranging support given to the people of the Tansa Valley.



WHAT NEXT FOR PRASAD CHIKITSA?

PRASAD Chikitsa is engaged in an in-depth evaluation of its current programs. It is also surveying Tansa Valley villagers to learn how to expand programming to meet needs not currently being addressed. The state of the environment, which has degraded over the last several years, is also being reviewed to determine how best we can contribute to its restoration. As always, a professional and caring approach is taken in all planning with the needs of the villagers as the top priority.



How you can help

- \$25 provides indigenous rice seeds for 40 farmers for one year
- \$60 supports the plantation and caring of 200 shade trees
- \$130 contributes to a toilet being built for a family
- \$200 sponsors the construction of an hygienic toilet
- \$750 allocates school materials to go to 100 children
- \$900 provides nutritional supplements for 100 children for a month

Or become a monthly donor.

Donations are tax deductible.

To donate by credit card, transfer or PAYPAL visit

www.prasadaustralia.org

Donate Now

*See more on our programs at www.prasadaustralia.org
PRASAD Australia's Facebook has weekly photo updates.*

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The PRASAD Project NGO in Special Consultative Status with the Economic and Social Council of the United Nations

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