



For myself each of the projects that we observed on our visit touched me deeply in so many ways. But water and sanitation are to me such a basic necessity for all of life and humanity. We in the West seem to accept all that we have as “a given”. How many of us could even consider a life without a toilet or water? It is quite inconceivable to have to negotiate the dangers of snakes and scorpions, wild cats, and rugged terrain both day and night to find a safe place for a natural bodily function. Yet here in rural India it is a fact.

During our time spent in the villages of the Tansa Valley we visited homes, schools and communities where PRASAD Chikitsa had built toilets and wells for the villagers, and saw first-hand the difference to not only the physical health and wellbeing of these people, but the psychological qualities of dignity and self-respect. In most of these sanitation projects PRASAD Chikitsa would provide the expertise, materials, and supervision, but the communities and families would assist in the physical construction and they would also be instructed in the maintenance of the installation. Having spent much of my working life in property construction and maintenance I was intrigued to find out how waste was treated without any sewerage or septic systems in place. Milind Nargund from PRASAD Chikitsa explained the unique double trench system they had installed, and that they had instructed the villagers how to use and maintain this system. So simple but so effective.

The difference that having toilets in the schools has made to the children’s lives is immense. Especially for the young girls who would resist drinking water for the whole day at school in order to avoid the need for relief. PRASAD is not only building safe, private and sanitary toilets and hand-washing stations in the schools, but it is doing it in a fun way. All of the tiling depicts water-themed murals such as waterfalls, penguins and seascapes.

DIRECTORS SHARES - SONIA

For Sonia it was the amazing growth and scope of the work of the hospital in Ganeshpuri that especially impressed her.

She writes: I was so fortunate to be able to have the opportunity to learn first-hand about all of the PRASAD Chikitsa programmes, and was especially awestruck by the Gurudev Siddha Peeth Netrachikitsa Hospital (GSPNH) which started in 2003. This facility has grown by leaps and bounds and is seeing so many more patients. The ground floor of the building is used for outpatients with various health issues and many of them travel from afar to receive not just initial diagnosis and treatment, but ongoing holistic care. It has become a trusted and preferred clinic for the district.

The upper floors are used for many services which include cataract surgeries, an eyecare Out Patient Department, cataract screening and other treatment rooms.



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