

PRAYAS TIMES

The joy of giving back



YEARS OF PRAYAS



FOREWORD

CELEBRATING A SAGA OF COMMITMENT

Mrs. Meena Subrahmanyam
President - Prayas Trust

It's with an utmost sense of pride and satisfaction that I pen down these lines ... just like the heart that pumps blood into the veins continuously, Prayas Trust has been relentless in its efforts to serve the underprivileged amidst these turbulent times.

A small spark called Prayas which was ignited in the year 1996 has come a long way now and prides itself for offering hope, light and cheer to thousands of people and creating livelihoods for many. The journey of Prayas Trust is much more than a simple story briefly told; it is a saga of commitment, devotion and dedication of our founders, past and present trustees, past and present office bearers and all our members whose zeal and boundless energy have brought us to where we are today.

On this momentous occasion when Prayas Trust celebrates "The Silver Jubilee" Year, I warmly congratulate all those involved in creating Prayas Trust and it has been my pleasure to serve this esteemed institution. As President, I express a deep sense of gratitude and appreciation for the efforts and devotion to all for helping Prayas spread its wings.

Today is a most opportune moment to recall our various programmes to serve the needy. Our Medical and Dialysis Centres have been touching the lives of many through healthcare. Besides treating many impoverished patients, free specialized and awareness camps are being conducted periodically in identified locations. The mobile medical van reaches out to a much larger community, offering free medical consultation especially to the senior citizens. Prayas Trust instills a ray of hope in many underprivileged families by offering their children an access to quality education through its Tuition Centre. Our mobile toy van, visits many

Corporation and Govt schools since its introduction in 2017. In addition, a few infrastructure improvement projects that include providing access to safe drinking water and sanitation facilities at Schools were taken up to underscore our commitment to support the cause of education. We are committed to enhancing Women Empowerment towards which we have been operating a tailoring unit for women to provide opportunities for better livelihood and financial independence. Our Smart and Sustainable Village Project launched at Irumbulicheri in 2019, addresses the needs of the community in Education, Community Health, Women Empowerment, Sanitation, Self-Employment and Sustainable Livelihood.

Looking back at our journey of 25 years, we are filled with a deep sense of satisfaction and fulfilment though we realize, in all humility, that a lot still needs to be achieved.

We are proud to release this edition of 'Prayas Times' to commemorate our silver jubilee and celebrate our many years of service spent in nurturing people's lives.

I sincerely thank Mr. AR for seeding the concept of Prayas and giving it a strong foundation. My heartfelt thanks to Mrs. AR and Mrs Chitra Rangaswami for their timely help, guidance, support and for the immense trust and confidence bestowed on me. I thank Mr. AMN for supporting Prayas Trust all the way and bringing it to where it is today.

I wish to express my heartfelt gratitude to all our stakeholders who have supported us constantly and reposed their faith in us. I would like to express a big 'thank you' to all the members, friends and well-wishers who have stood by us through thick and thin. Together, I am sure the Prayas family can surge ahead with confidence and faith, rise to the many challenges ahead of us and continue to spread the light of happiness and bring smiles to many.



Mrs. Suryakumari Ramakrishna
Founder President - Prayas Trust

As we complete 25 years of Prayas, I take a walk down memory lane and carry with me beautiful memories - some initial challenges that only made us stronger, many milestones that we celebrated as a family and, most importantly the lives that we managed to touch. We started Prayas Trust with a five-member team of Kalyani, Chitra, Gomathi, Vasanta Balasubramaniam and I. We would meet at our respective houses planning what to do for the community around us. Our efforts were consistent, and we never lost sight of our goals. In the first month that we started, we collected INR 50 which we donated to an orphan. We soon started a Medical Centre at an office space that belonged to L&T Housing Society where we had rooms for consultation. Soon we had a dedicated team of more than 20 and started a chart system detailing each person's work schedule and responsibilities at the Medical Centre. There has been no looking back since.

As the years passed, I saw the small seedling that we had planted growing into a huge tree giving solace to many under its various branches of Water and Sanitation, Education, Healthcare, Smart & Sustainable Village Development and Skill-building. I acknowledge the hard work of our members over the years to make Prayas Trust what it is today. I am extremely proud of the Smart and

Sustainable Village Development Programme through which we have uplifted and holistically developed villages including providing technology wherever needed.

I was recently admitted and when I was being discharged, the medical team including the doctor who treated me came to see me off. I mentioned about Prayas Trust to him and he immediately brought up the Prayas Medical Centre and the good work being done by the team. In that one, singular moment, my heart swelled with pride. What we started from our homes with just the urge to do something for the community, is today an organization helping thousands of people. I sincerely thank Meena and her team for their dedication towards Prayas Trust and wish them many more successful years of bringing light into the lives of many.





PRAYAS IS INTEGRAL TO EVERYTHING THAT WE DO!

Mrs. Chitra Rangaswami
Former President - Prayas Trust

I am extremely proud to be part of the great institution like Prayas Trust. We started from humble beginnings, collecting money from among ourselves to give it to deserving NGOs. Over the years, we learnt the ropes, through trial and error, and we have grown by leaps and bounds. We were ably guided by Mrs AR throughout. It all started when Mrs Vasantha Balasubramaniam, who was the first Secretary approached Mrs AR to start an organization to help the downtrodden. She readily agreed. Thus Prayas Trust was born and there has been no looking back thereafter.

We started in a small room in a Kalyana Mandapam with one consultation room. We appointed a doctor and a compounder. The medicines were given away free and we charged a nominal amount of Rs. 2 for consultations. It was during my tenure that

the Prayas Medical Centre was shifted from the old building to the new. Today, it is a full-fledged ISO certified centre with a dialysis unit that has changed the lives of the downtrodden.

Prayas Trust is in good hands. I really appreciate the effort of Mrs Meena Subrahmanyam and her dedicated team who have been going above and beyond the call of duty to ensure that all benchmarks are met in a timely fashion. I am very happy to see their hard work resulting in such success.

Since we were part of Prayas Trust from its inception, naturally it is a part of us, integral to everything that we do. There is great synergy between the members, and we are happy to grow stronger together! I wish the team the very best. My blessings are always with them.



TRANSFORMING AND EMPOWERING VILLAGES

Nestled in the picturesque Gram Panchayat of Tirukazhukundram block in Chengalpattu district, over 70 kilometers in Chennai are three villages of Pandur, Edaiyathur and Irumbilicheri. Earlier, the scenic beauty of these villages hid the stark reality of poverty. Prayas Trust, in association with Hand in Hand India, identified these villages for a Smart and Integrated Village Development Programme about 3 years ago. Today, these villages symbolise transformation - children in schools equipped with smart technologies, skilled women equipped to earn independently and villagers buoyed by the optimism of a better future.

“ **Children in schools equipped with smart technologies, skilled women equipped to earn independently** ”



MAKING EDUCATION SMARTER!

The Government Higher Secondary School at Pandur and the Edayathur Government School have adopted an innovative and tech-friendly approach to learning by introducing Smart Classrooms. While teachers are empowered to teach better, children, for their part, are gaining through better concept formation and elaboration resulting in academic proficiency. "By significantly transforming the classroom environment, this digital initiative has made students eager to attend classes," points out Mrs. Meena Subrahmanyam. "Retention levels have increased, and children have started to indulge in and enjoy healthy competition."

A well-appointed Model Science Centre at the school in Pandur is certainly the highlight of this intervention aimed to improve the learning infrastructure in schools and rekindle the children's interest in the science subjects. Adorned with an array of portraits of eminent scientists, the Science Centre is replete with 50+ scientific working models, miniatures and display boards of various science concepts that align to the curriculum of classes 6th to 12th. "When the students walk into this centre, the ambience aids their learning experience and stimulates their young minds to treat science as an attractive subject," explains Mrs. T Arasi, the school Headmistress. "For our rural students who do not have such exposure, this Centre is creating great interest and desire in them to learn both basic and complex science concepts." This centre is expected to become a hub for knowledge sharing, and will soon include other schools in the neighbouring districts and blocks as well.



Another notable initiative to attract children has been to create a model classroom at the Edayathur Government School - refurbished child-friendly ABL tables and chairs, laid with anti-skid tile flooring, walls adorned with syllabus-oriented picture paintings, with an LED TV and speakers.

Child Learning Centres (CLCs) are another effective method to impart learning in these villages. The evening teaching classes are attended by 130+ children from the regular school, from the 2nd to 5th grades, who have been identified as slow learners. "We give extra and personal guidance especially to students who are weak in Maths and Tamil subjects," shares Ms. G Harini, a teacher at one of the five CLCs operational in the project area.

TOWARDS HEALTHIER LIVES

A huge benefit for the villagers is the access to healthcare, especially for women and children. Several healthcare interventions are being regularly conducted that include the renovation & upgradation of Integrated Child Development Service Centres (Anganwadis), periodic health screenings & multi-specialty health camps and a comprehensive anaemia prevention programme which is an exclusive women-oriented intervention. "Perhaps, the most significant step towards ensuring the sustenance of these interventions is the formation of a Community Health Awareness Committee," says Mrs. Subrahmanyam. "The villagers are participants and fully involved in the development process and some of them are our best ambassadors to spread the good word across the region."

The numbers have begun to show as 2,000+ people have benefitted through the dozen general medical and 6 multi-specialty camps that have been conducted thus far. 330 women have been exclusively screened and intervened for anaemia with continuous follow up while 138 households have started kitchen gardens in their backyards.



MORE POWER TO WOMEN

Around 45 specially formed Self Help Groups (SHGs) involving 600+ women help the communities to grow economically and socially. These SHGs bring the women villagers together, who are then strengthened through proper assessment and capacity building training. Training in the areas of business development and financial literacy have found traction with these ladies that focus on types of business that can be explored, modes of business, finding sources to avail of loans, market linkages and such like. Currently, groundwork is afoot to create a community level micro enterprise as part of an income generation programme.



FOR CLEAN LIVING & BETTER LIVELIHOODS

Numerous awareness programmes through various media are regularly conducted to make people follow better sanitation practices and hygiene. Particularly, women and children are advised on the proper use of toilets, about menstrual hygiene, and WASH programmes are run to influence and change their behaviour. A key focus area has been to reduce open defecation. "The renovation of an old toilet and the construction of a new one for girls has helped us hugely to maintain healthy attendance of girls at our school," shares a delighted, Mrs. R Kavitha, Science Teacher of Pandur school. These apart, a few toilets have been constructed for individual families after a stringent need assessment. Mrs. M. Vasanthi, a mother of two girls, cannot thank Prayas Trust enough for this 'gift'. "Earlier, it was so difficult for my two girls to go to the toilet, but now you have really changed our lives," she says gratefully, pointing to the sturdily built, pink painted toilet in her backyard.



COPING WITH COVID-19



Just as lives have been disrupted across the globe, COVID-19 has wreaked havoc in these rural areas as well, the issues further exacerbated by negligence and lack of knowledge. Prayas Trust & Hand In Hand India have taken several proactive steps to control the spread of the virus by initiating village cleaning programmes in association with the Panchayat and government conservancy workers, conducting awareness programmes through SHGs, supporting government medical units to screen villagers for COVID-19 and distributing relief material in the form of dry rations and hygiene kits for 1060 households.

"Ultimately, it is a case of glass half full and half empty," sums up Mrs. Meena Subrahmanyam. "This is a programme without parallel and we are aware that the task is huge. We have achieved a lot which would not have been possible without the support of our NGO partners, Hand In Hand, India. However, we also realize that a lot yet remains to be done and we all hope that this pandemic will soon be behind us to allow us to go full steam ahead. Oh yes, transforming the lives of the poor and the underprivileged gives one a special sense of happiness!"

A LEGACY OF CARING

The spark was ignited by Mrs Surya Kumari Ramakrishna when she along with four spouses of L&T employees formed Prayas Trust, operating from their homes and later from a marriage hall.



1999

Inauguration of the Prayas Medical Centre



Bhoomi Pooja for the New Medical Centre at Virugambakkam in Chennai



2008

Signing of the MOU with Dr. Kamakshi Memorial Hospital Pvt Ltd



Inauguration of the new state-of-the-art Medical Centre



Inauguration of the Dialysis Unit at the Prayas Medical Centre



Started the Prayas Tuition Centre to give quality education to underprivileged children



2013

1996



Stood by the nation by donating handsomely to the Kargil Fund

2002



AMN graces the 12th Annual Celebration of Prayas Trust

2012



Awarded Mary Clubwala Jadhav Award for humanitarian service

2014



YEARS OF PRAYAS

OUR MILESTONES OVER THE YEARS

2015

Launched a Mobile Medical Unit for quality Healthcare at the doorstep for the poor and sick senior citizens



Mobilised and dispatched aid to the people affected by the Chennai floods



Release of the first edition of Prayas Times



Collaborated with DAVITA Health Care for the Dialysis Unit at Prayas Medical Centre



2016



Launched a sustainable skilling programme for women through the Prayas Tailoring Institute



Awarded AVM Rajeswari Ammal Memorial Award

2017



Flagged Off the Prayas Toy Van. The initiative aims to ignite the spark of learning through fun and play for the students of Government Schools.



Prayas Medical Centre accredited with ISO Certification

2017



Educational support initiative to the Kovur Govt School

2018

Handed over a Sanitation Complex at Girls Higher Secondary School, Ashok Nagar



Inaugurated the new Prayas Trust office at L&T HQ



2019

Provided COVID relief materials in the form of dry ration and hygiene kits to 2000 plus households in the villages adopted by Prayas Trust



2021



Launched the Smart and Integrated Village Development Programme in Tirukazhukundram block of Chengalpattu District



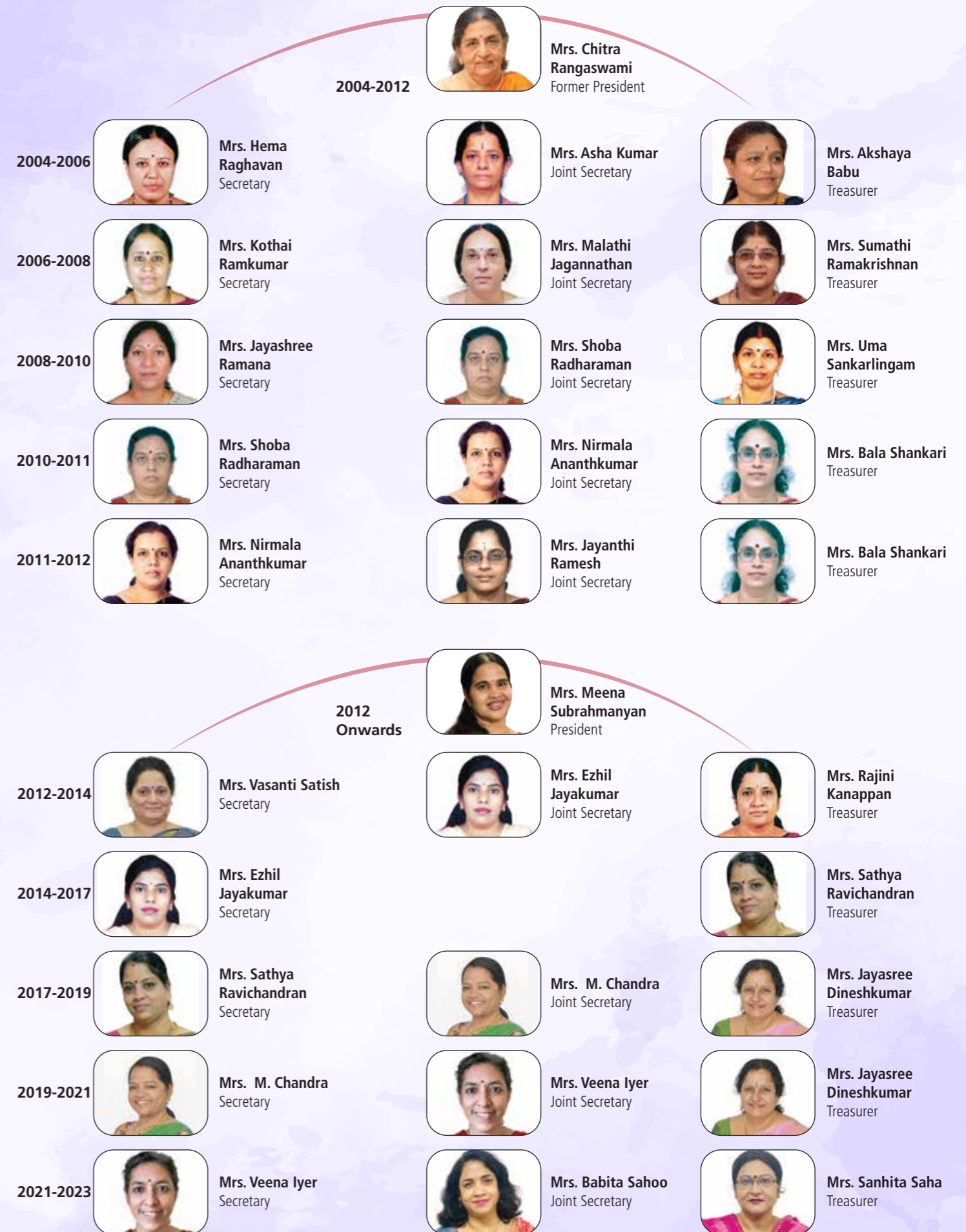
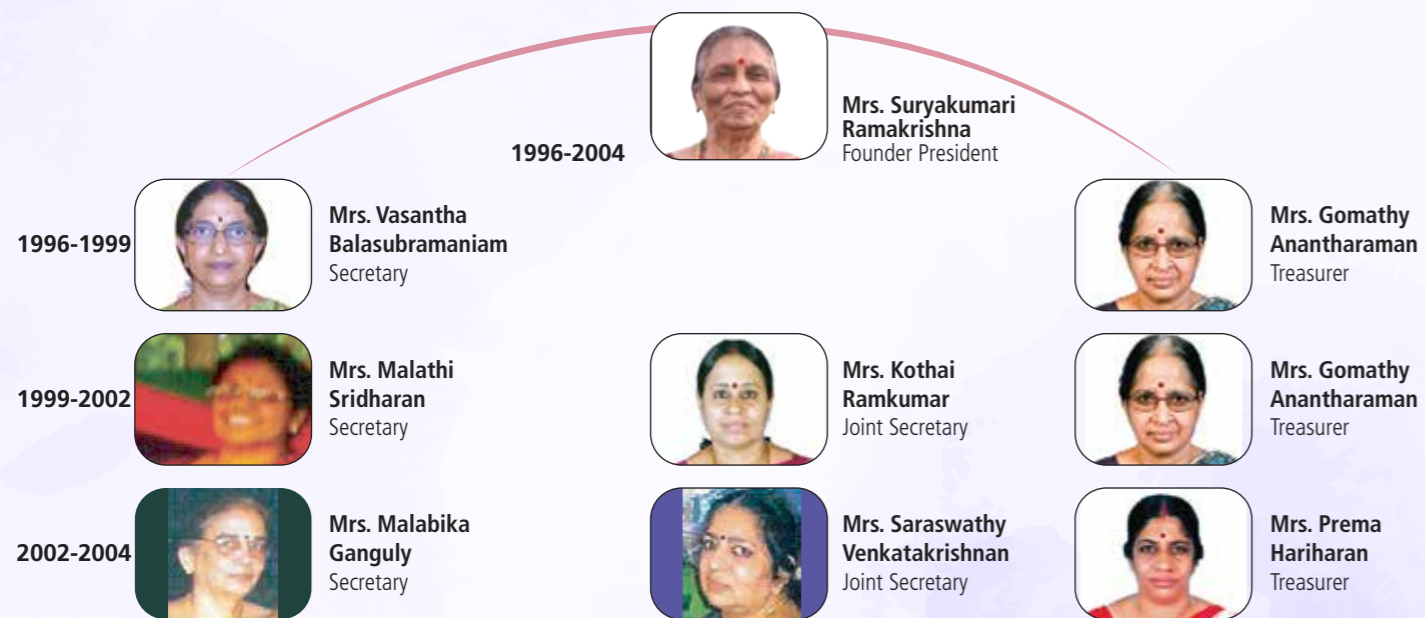
YEARS OF PRAYAS

SINCERE GRATITUDE TO OUR OFFICE BEARERS OVER THE YEARS!

We would not have been able to accomplish 25 years of Prayas Trust and touch innumerable lives without your dedication and commitment. Prayas Trust has grown under your watch cementing the confidence of donors, increasing memberships, enhancing the quality and impact of interventions, improving the quality of lives of the beneficiaries and building a strong relationship with affiliates and NGO partners.

Thank you for building Prayas Trust to what it is today!

Roll of honour



AFFILIATING TO A NOBLE CAUSE!

The caring hands of Prayas Trust reaches out beyond Chennai to the needy through its affiliates based in 13 locations across India with over 3200 members doing remarkable work to alleviate the pain of the less fortunate and ease the struggles of the underprivileged. The 23 affiliates of Prayas Trust have different names like Sparsh, Unnati, Ananya, Tarang, Spandana to name a few but all have a common goal of social welfare and upliftment. Run by the ladies and wives of L&T employees, Prayas Trust projects L&T as a company that cares.

 **13**
LOCATIONS
across India

 **over**
3200
MEMBERS



The Prayas Trust Sparsh in Bengaluru headed by Mrs. Sandhya Garg focuses on health, education and vocational training. Sparsh is involved in initiatives such as working with old age homes, women and children on basic health and hygiene, organising workshops for school children, knowledge and awareness programmes, supporting causes for the specially abled and volunteering for causes of social and community welfare. The team has set up a fully equipped Computer lab for a government school at Vasantnagar and a Skill Development Center for the needy women on tailoring.



Prayas Trust is a beacon, a guiding light to all of us, showing the path of social welfare and taking up the causes of socially underprivileged

Anita Shah, President,
Prayas Trust, Vadodara

Prayas Trust Vadodara has received unstinted support from Prayas Trust Chennai to help identify initiatives, provide guidance and personalized review, to enable them to give their best to the community. Inspired by Prayas Trust, Chennai, they have adopted the Maa Bharti School via 'Project Kiran' to not just educate underprivileged children but also improve their health, hygiene, and sanitation. Through its key initiative, 'Project Samarth', the Trust provides vocational training in tailoring, beautician courses and various other skills to young disadvantaged unemployed women. These efforts have been recognized by Prayas Trust Chennai with an 'Award of Excellence' in 2016 which has greatly encouraged and motivated the members to work harder and achieve more.

"Prayas Trust is a beacon, a guiding light to all of us, showing the path of social welfare and taking up the causes of socially underprivileged," says Anita Shah, President. "To have sustained these altruistic activities over these last two and half decades is a testimony to the commitment of all our members."



Prayas Trust - Chandigarh Chapter supports and provides financial aid to the underprivileged students of government schools for education, health and hygiene in Punjab and Himachal Pradesh. The members actively coordinate, closely monitor their programmes and provide volunteering training to the students in beautician courses and basic computer education for their self-empowerment.

Focus on the health & hygiene of girl children is a key programme of this Trust which is effectively realized by supporting schools and communities with the installation of essentials such as incinerators, vending machines and distributing free sanitary napkins at the government girls schools and hostels.



The Mumbai chapters of Prayas Trust, Tarang in Powai and Kalpvruksh in Borivali have been quietly helping the company establish its CSR footprint. Tarang has provided drinking water facilities to 446 children in a Government school through a rainwater harvesting initiative which saves around 3 lakh litre of water in a specially customized underground tank. Prayas Trust Kalpvruksh supports a unique initiative that provides loving and temporary homes for the parents or caretakers of children undergoing treatment for cancer. Through its 'Project Tarasha', the Trust helps to rehabilitate women who have recovered from mental illnesses through networking, capacity building and sensitizing programs.

The impact of the initiatives of these various affiliates is reflected in the smiles they help spread. More than smiles, Anita Shah puts everything in perspective when she says, "this is an opportunity to serve the society and make our lives more meaningful. The support we get from Prayas Trust Chennai motivates us. We know that we are all in it together to change the narrative of someone's life for the better."





Set up to support community development & social activities and to foster bonding between the families of employees, **Prayas Trust Nai Umang, Faridabad**, under the stewardship of President, Mrs. Kajal Indwar has done a lot in the areas of education, health, social service, skill building, environment, and employee engagement. Some of their significant

initiatives include supporting government schools and conducting virtual winter camps which have helped increase attendance levels and the quality of education imparted to the children. Other reach out activities pursued by the Trust include tailoring training programmes, supporting orphanages and old-age homes.



We thank Prayas Trust Chennai for being the backbone of our welfare activities

Mrs. Sarika Kumar,
President Prayas Trust,
West Bengal

Prayas Trust West Bengal has been reaching out to the underprivileged in and around Kolkata by being actively involved in renovating schools, building dormitories for handicapped students, providing professional training to differently abled children and women, helping Thalassaemia Patients with medicines, assisting orphanages and old-age homes and organising relief material during natural disasters like Amphan and the pandemic.

"We thank Prayas Trust Chennai for being the backbone of our welfare activities," says Sarika Kumar, President Prayas Trust West Bengal. "A journey of 25 years, with every minute spent on service to mankind, is incredible and fulfilling. Congratulations to Prayas Trust Chennai for achieving this milestone and for touching a million hearts during this journey," she adds with an infectious smile.



Under the leadership of its President Mrs. Rebecca Rai, **Prayas Trust Kansbahal** has been making huge inroads into social welfare activities in the areas of health, education and women empowerment. Through its Project Neev, a fully-fledged support system is provided to the differently abled women to integrate them into the mainstream.

A Vocational Training Centre is being run at Kansbahal in collaboration with Usha International Foundation to provide training in sewing, designing, bag & purse making to underprivileged women. Apart from this, a computer literacy programme, in association with The Government of Odisha, is also being offered to women.



Rebecca Rai
President Prayas Trust,
Kansbahal

QUIET ACHIEVERS

The visionaries
The intellectuals
The world class businessmen
The content women
The respected ladies
Who have attained great heights
Stand tall here

In this world
Where there are people
Who give very little and
And ask for a lot
Come on the quiet achievers
Your service is greater than sky

You heal the ailing
With your service

You give education
The greatest gift

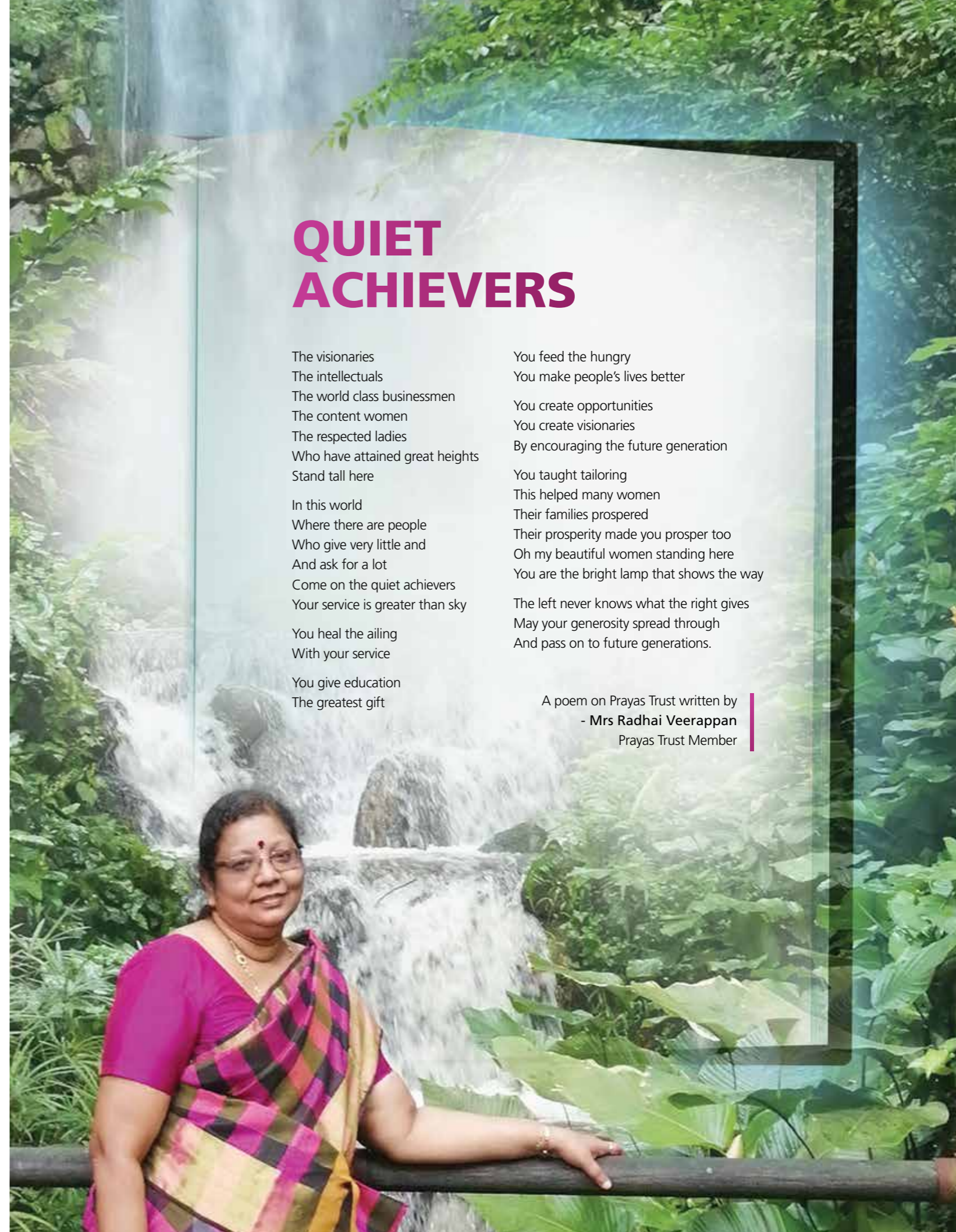
You feed the hungry
You make people's lives better

You create opportunities
You create visionaries
By encouraging the future generation

You taught tailoring
This helped many women
Their families prospered
Their prosperity made you prosper too
Oh my beautiful women standing here
You are the bright lamp that shows the way

The left never knows what the right gives
May your generosity spread through
And pass on to future generations.

A poem on Prayas Trust written by
- Mrs Radhai Veerappan
Prayas Trust Member



WALKING DOWN THE MEMORY LANE

Mrs Gayathri Sundaresan

Senior Prayas Trust Member

I joined Prayas Trust in 2002 and the first event I attended was the opening of the lab at our 'old' medical centre. Ever since, the Medical Centre has been like my own special baby! The presence of all our members, every day at the centre, giving personal attention to how the centre was run, soon got us the reputation that we were trustworthy and genuinely sincere in helping the needy.

The Camps we held had great response from the people. Through the BP and Diabetes camps, we got a database of those with these issues, and provided them regular check-ups and medicines.

We conducted Women and Child Welfare camps in association with the Family Planning Association of India that also received overwhelming response and appreciation from the women. We made the camps interesting with Best Baby competitions and prizes too!

During these camps, our members individually sponsored biscuits, bananas, etc. to be distributed to the people. We particular kept in mind the nutritional value of whatever we gave. Dates, buttermilk packets and even 'sathu maavu' packets were some of the items we distributed, at the same time, wanting the young mothers to be aware of simple, inexpensive and tasty nutritious food.

Eye camps with Shankara Nethralaya were amongst the best and continues even now. I remember the first time we held it at the school behind our centre as we had more than 300 registered patients! Despite meticulous planning, this camp was long drawn due to the numbers. Many patients had to wait for 1-2 hours!

We had to provide them some food for them but with a tight budget, we were wondering how to manage this unexpected issue, Mrs. AR Amma quietly came and told us, "I will help. Go ahead and do whatever you need to do." Radhai Veerappan, familiar with everything in that locality, immediately ordered packets of rice from a hotel which we distributed to the waiting patients.

This kind of additional help from Mrs AR Amma was always there, without which we could not have gone ahead boldly!

Soon we introduced computers to maintain records of the patients and medicine stock. This was also challenging as were new to using computers, but it was a great leap forward!



Since then the Medical Centre has grown by leaps and bounds! We feel proud and happy that our service continues in such a professional manner!

I also remember the first Annual Day that my daughter and I participated in. It was a Villu Paattu show, fabulously written and directed by Smt. Malathi Sridharan. Malathi Jagannathan, Kanmani Jayavelu Babu, Hema Raghavan were the other participants. What fun we had during rehearsals, improvising more and more each time! My daughter made a 'villu' using discarded items like clothes hangers, with colourful streamers and bells.

The personal friendship that developed between us Prayas members is the best outcome of this Ladies' forum. I will always cherish the years that I was actively involved in Prayas activities. And now when we see younger members taking it forward, in tune with the times, we feel so happy and proud to belong to this fraternity of Women in Action!

BASKING IN SWEET NOSTALGIA!

Kothai Ramkumar

Former secretary of Prayas Trust

I can't believe that we are in the silver jubilee year! Wow what a great achievement by Prayas Trust. I joined Prayas Trust in 1996, with Mrs Suryakumari Ramakrishna as the founder President and served as Secretary from 2007 to 2009 with Mrs. Malathi Jagannathan as the joint-secretary and Mrs. Sumathi Ramakrishnan, the treasurer.

Without funds nothing could be achieved, but with the help of Mrs. AR, Mr. KVR, Mrs. KVR, Mr. KGH a major fund-raising drive was organised and it was very successful. It was a real blessing for us to receive a donation of INR 1,00,000 from Mysore Ganapathy Sachidananda Swamiji through one of our members, Mrs. Rukmani Chandrasekar. Our own senior executives also spontaneously made donations and contributed liberally to Prayas Trust.

Mrs. AR always insisted that we ought to give back more to the society, and thus the seed for the medical centre was sown. Initially, we gave medical help to underprivileged people operating out of a marriage Hall. As the numbers increased, we had to expand. It was during that period, we approached Mr. KVR – he was instrumental for the allotment of the land and the present medical centre was constructed in record time.



It was a great honour for us to have Mrs and Mr AM Naik – our then CEO as the chief guest for the 12th annual day celebrations. He was very impressed by the good work done by us to the society and immediately sanctioned funds to upgrade the medical centre. This was the turning point in the history of Prayas. The medical centre in a very short period became a full-fledged health centre. Today I am extremely happy to see the growth of Prayas and the robust activities undertaken by the dynamic team. I wish the team all success and many more such achievements. I sincerely thank everyone for giving me the opportunity to retrace my steps over the years and bask in sweet nostalgia.

DISCOVERED MY UNTAPPED POTENTIAL THROUGH PRAYAS

Malathi Jagannathan

Former joint secretary of Prayas.

I want to share my association and journey with Prayas Trust with all the new members, who are here with great enthusiasm to bring about a change and upliftment in the society. There is an age old saying in Sanskrit: that the trees bear fruits for the well-being of others, the rivers flow for the well-being of others, cows yield milk for the well-being of others and this body of ours is for the well-being of others, to help people in need. I realized the real importance of these words only when I joined Prayas Trust. I am a one-to-one person and not comfortable in a crowd. Even to this day, if not for Mrs AR's continuous and tireless persuasion, I would have never been a part of Prayas Trust. Once I joined, it was easy to adapt because of the love, warmth and trust that was reposed by the senior members.

Slowly I discovered the untapped potential in me, that would have been wasted had it not been tapped and nurtured by our expert trustees, office bearers and members. The confidence they instilled in me is tremendous and unfathomable. There was so much to learn from each member as to how to become a good human being. I discovered multi-dimensions within me.

A Sanskrit verse says those who are not educated, who do not do penance, no charity, do not acquire any knowledge, do not have noble qualities, do not even have good character, do not follow Dharma are animals walking on this earth in human form. They are only a burden on the planet. I feel that this could not be truer.

Today, if I am what I am, it is because of Prayas Trust - which is a life force and 'Sakthi Tattva' of the organisation. This Tattva is what binds us, gives life, and sustains us in all our noble endeavours. May Prayas continue to grow like the banyan tree, spread its branches across all segments of society, the roots continuing to grow and replenish, carrying together the dreams and legacy of the founder members. Let our 'lit lamp' continue to spread light.

From my experience in Prayas Trust, I want to assure the members who joined recently, or the ones who have been part of Prayas after us, that here is a wonderful opportunity to discover your potential, give back to society and live a life full of peace and joy.



DONATE TO PRAYAS TRUST AND MAKE A DIFFERENCE!



Make a life meaningful, even a small contribution towards any of our causes will go a long way in happiness someone, If you are interested, reach out us at **93609 57783** or mail us at **prayastrust@gmail.com**

Donations to PRAYAS TRUST are exempt u/s 80G of Income Tax Act, 1961

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