



STEPS AHEAD

A MONTHLY NEWSLETTER

Editors Desk



-P S Prasad

I am happy to release the Monthly newsletter **April 2025-** 'STEPS AHEAD',

I hope all of you liked the March 25 edition of our News Letter. Look forward to your feedback on adding content to our news letter and also look forward to your participation with your content .

This month we have added an article from our well wisher and Scholar Mr Viswanath.R.Iyer

Please do write to us @ prasad@freedomtrustchennai.org for any feedback and suggestions or to add any other sections that would benefit all of us .Happy Reading

Trustee Speaks

Stepping into a new Financial Year, we started the year with flurry of camp activities in the month with six camps. Highlight of the month being a mega camp conducted on two days @ Thiruvallur by assessing close to 650 beneficiaries including many small kids, sponsored by Caterpillar.

We thank our donors for the continued support and our field officers for the reaching out the beneficiaries across many states.



Sankaran Annaswamy

Trustee



What is charity (dānam)?

All human endeavours are generally done with a purpose or an expectation. This makes effort selfish or self-centered, with an objective and a result in mind.

Hence, selflessness is an acquired skill that needs to be fostered in the individuals, societies and countries. But, how does one teach selflessness? The best way of teaching selflessness is through charity, or giving without expectation of return.

In fact, all religions have encouraged charity, and some of their teachings are,

Charity in Christianity – Initially, charity was a simple act of giving food, clothes or money. However, over time, it evolved into building charitable institutions such as hospitals, schools and other educational institutions for common benefit. In fact, Carnegie Mellon University, John Hopkins hospital and many other well-known and world class educational institutions were founded as a result of charitable endowments by individuals.

Tzedakah in Judaism – Judaism does not have any specific concept of charity. However, Jews are supposed to set aside 10% of their income for acts of righteousness, irrespective of who the recipient may be.

Zakat in Islam – Muslims are expected to set aside 2.5% of their income for charitable activities. In fact, during Bakr-id, the meat from the sacrificed animal is supposed to be divided into three parts. The family retains one third of the share; another third is given to relatives, friends, and neighbours; and the remaining third is given to the poor and needy.

Seva in Sikhism – While this is voluntary, Sikhs often perform KarSeva (charity of action) such as cleaning floors, preparing food or serving it at the community kitchen or Langars, etc.

Buddhism – states that giving increases the spiritual content of one's life and is considered one of the foundations of perfection.

In Hinduism – Charity (dāna) – means relinquishing of ownership with no expectation of return. Some of the better known dānam are,

Gyaan - Knowledge Series

Kanyā-dāna-giving away the bride to the groom

Anna-dāna -giving food as charity

Vastra-dāna -giving clothes as charity

Vidyā-dāna -giving knowledge as charity

Kriyā-dāna -giving effort as charity

Lakshmi-dāna -giving money as charity

Other than kanyādānam, which is very personal, charity where there is direct benefit to another, such as feeding the disadvantaged (anna-dāna) is considered the highest form of charity (dāna) because food is life. This is followed by any form of giving which requires sacrifice of one's personal time or energy such as kriya-dāna. Next in value are sacrifices such as sharing knowledge (vidya-dāna). Giving clothes to the needy (vastra-dāna) comes next in the list of charities, finally followed by giving of money (lakshmi-dāna).



Lakshmi-dāna is another form of giving to the needy where money is given to those who need financial support etc. Today this is the most active act of dana where the ones who can afford do donate to many of the charitable trusts or directly to people who need support for education, medical or disability and many more. With the CSR funds being available to corporates, many corporates do support the needy through NGO s to fulfil their dreams to support the society



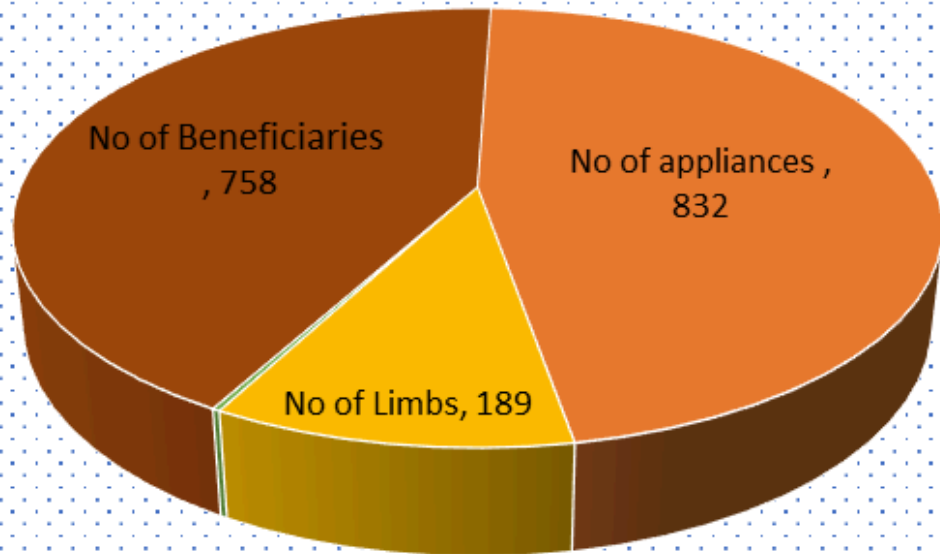
But this is not to take the sheen away from any form of sacrifice or giving. All forms of giving and sacrifice result in a feeling of goodness and altruism, redirecting the consciousness towards better cognition of the Self (jñāna). This makes dānam an excellent tool for personal development of the individual, society and country.

Article by our Well wisher
Vishwanath R. Iyer.

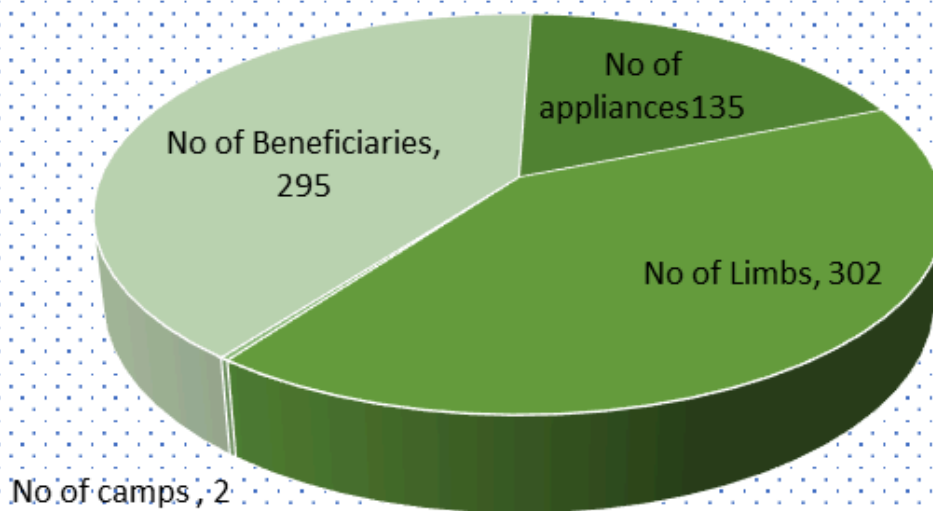


Year To date Trends

GVP Camps Apr-25



Walk India Camps Apr-25



Activities of the Month

Access Health Care & Vara Future
LLP - Walk India / Distribution -
Kadapa



Our first camp on **8 April 25** was at Kadappa .Kadappa is a city in the southern part of Andhra Pradesh, India. The city is known for its historic Devuni Kadappa and Ameen Peer Dargah..Supported by our local partner District disabled welfare office, Kadappa **a total of 222 Beneficiaries and 333 appliances** were distributed

The camp was a massive one efficiently planned and managed by Mr Sudarsan and Team .

All this was possible with a good support from Ms Aditi Singh IAS and our local partner

Others who were also part of this wonderful camp were Mr. Ilavendan , Dr Sunder Mr Sudharshan , FO Jagadeeswaran





Caterpillar India Pvt Ltd GVP/ Assessment -Tiruvallur - TN

Another large / mega camp was conducted in Tiruvallur for two days ie **10 and 11 Apr 25**. Our strong and committed Local partner for this camp was District disabled welfare office Tiruvallur.

The sponsor for this program was Caterpillar .They been a key partner in India's growth since the 1930s, supporting growth in mining, transportation, captive power generation and construction of infrastructure .Caterpillar began manufacturing products in India 50 years ago in Tiruvallur, and currently has facilities all around the country.

The camp was coordinated and executed by Dr Sunder , Dr Annamalai , Mrs Usha Bharadwaj , Mr Sankaran Annaswamy ,DDRO Srinivasan ,FOS ,Abhilash & Jagadeeswaran This assessment camp **benefitted 486 beneficiaries with 642 appliances** .



**Sanmina Tech Service India
Private Ltd - GVP/ Assessment-
Tambaram Chennai**



Our Sponsor **Sanmina** designs, manufactures and repairs some of the most complex and innovative optical, electronic and mechanical products in the world. Sanmina provides end-to-end design, manufacturing and logistics solutions, supporting OEMs primarily in the industrial, medical, defense and aerospace, automotive, communications networks and cloud infrastructure sectors. Founded in Silicon Valley in 1980 as Sanmina HO at San Jose, California



This camp was held on **16 Apr 25** with the support of our Local partner Sri Veda Vyasar Thappovanam.

The camp was coordinated and executed by Dr Sunder , Dr Ramesh ,Mrs Usha Bharadwaj .

This assessment camp benefitted **98 beneficiaries with 132 appliances**



Sanmina SCI Technology India private limited - GVP/ Assessment- Thirunelveli



We have had continuous support from our Donor Sanmina Group . Earlier camp also was supported by their group company .

This camp was conducted @ Thirunelveli with the support of our local partner Sri Jayendra Saraswathi Swamigal Golden Jubilee Matriculation higher Secondary School. The camp was on **18 April 25**



The team that assisted the camp consisted of Dr Sunder , Mrs Usha Bharadwaj , DR Anu Priyadharshini

This assessment camp benefitted **132 beneficiaries with 195 appliances**

Xylem Watermark Solutions Private Limited - Walk India Assessment - Mysore



The camp was conducted in **Mysore** on **20 April 25** with the support of the local partner Government Girls Pu College Mysore

Mysore (Mysuru) is known for its rich cultural heritage, particularly its historical palaces like the Mysore Palace, and its association with sandalwood. It's also famous for its silk sarees, traditional handicrafts, and the sweet delicacy, Mysore Pak.



Our Field Officer Abhilash single handedly organised and executed this camp successfully .

It benefitted **73 beneficiaries** and **105 appliances** were distributed .

Our Local partner supported us end to end in the organising and execution of the camp

SL Lumax- GVP Assist Distribution - Korattur Chennai

The camp was conducted at the sprawling campus of Mohan Gardens @ Korattur (**24 Mar 25**). The hosts and local partner **Namo God Charitable trust** were very hospitable and provided all good facilities for the team as well as the beneficiaries and donors

This camp was successfully conducted benefitting **42 beneficiaries with 51 appliances** .being distributed

The Donors for this camp were SL Lumax an auto ancillary unit in Chennai .The entire HR and Sustainability team were present on this day for the event .

Mr Sudharshan , Mrs Sumathi Iyer ,(FO) M Jagadeeswaran and Ms Malathi and team from SL Lumax and Kishore from Namogod Trust were present



Upcoming Activities

7
May

WALK INDIA DISTRIBUTION

At Rayachoti ,AP

Donor- Access Health care & Vara
Fixed

8/9
May

WALK INDIA ASSESSMENT

At Ananthapur,AP

Donor- Savex Technology
Fixed

17
May

GVP/DISTRIBUTION

At Vandiperiyar

Donor- Lennox
Fixed

19
May

GVP / DISTRIBUTION

At Thirunelveli

Donor- Sanmina
Fixed

20
May

WALK INDIA ASSESSMENT

At Ramnadhapuram

Donor- Hapaglloyd
Fixed

Quote for the Month

“See the ability, not the disability. Inclusion starts with understanding. Embrace differences, celebrate abilities. Equal opportunities for all abilities

Human Story



Gopalsamy 💧 🚶 🚶 🚶
Age 60 Years 🚶 🚶 🚶

**Gopalsamy with
Sudarshan**

A Resident of Kumbakonam 🏯 a Vegetable Seller was going to work on his 🏍️ Motorbike when at a road Crossing ✖ ...another bike 🏍️ crashed into his Right leg causing extensive bleeding & damage ..

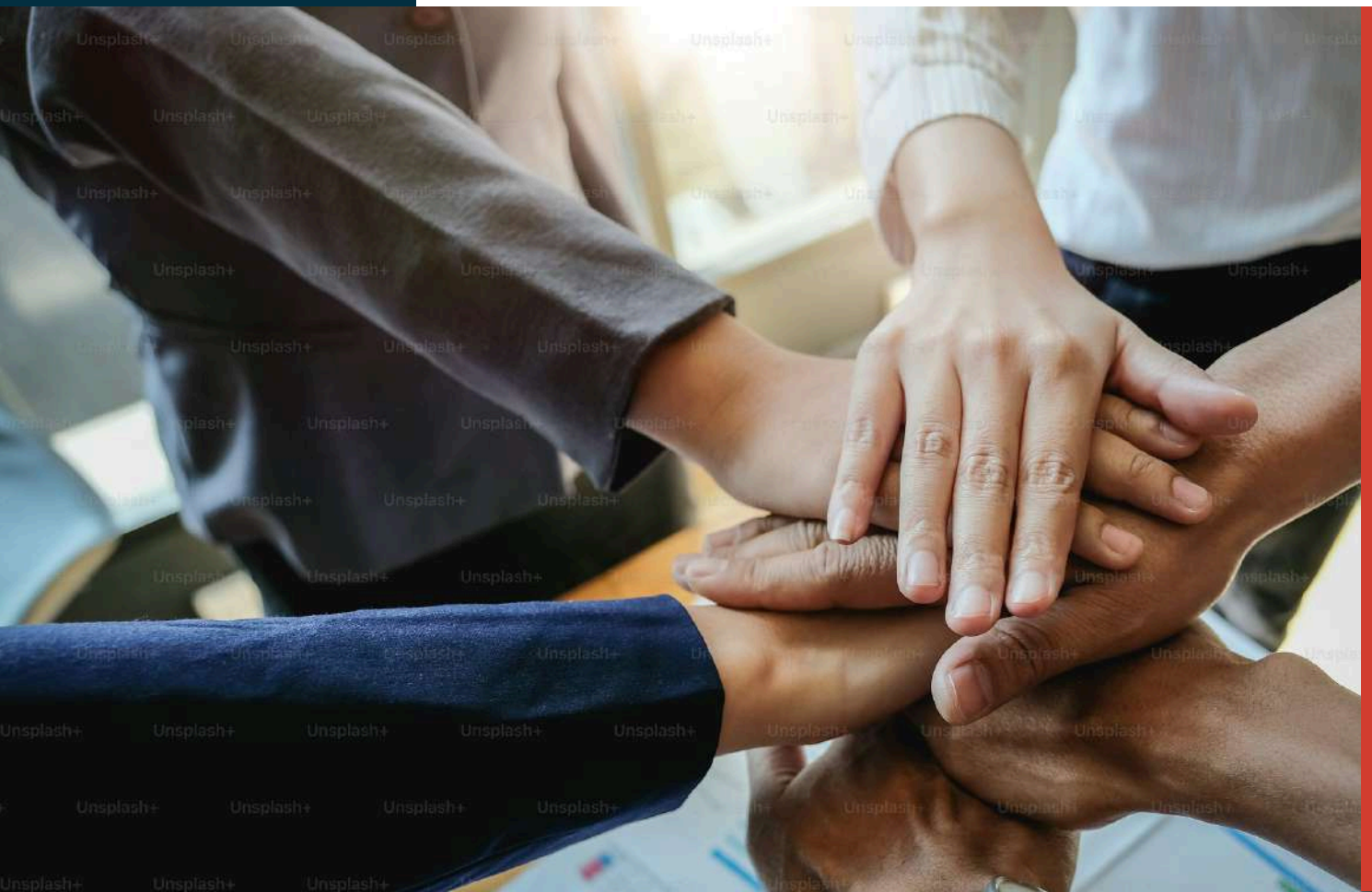
He was rushed to a local hospital..where they cleaned & dressed the damaged leg and gave him painkillers...asked him to be taken immediately to the General Hospital in Chennai.

@ The General Hospital in Chennai ...after checking the amputated leg...the doctors told him that the damage to the Nerves.Muscles & Bone was beyond reversal & the leg has to be immediately amputated to Save his Life...

So it was done ✓

Today We have given him an Artificial limb to give him Freedom from disability and to Resume living a Productive Life.....

This Artificial limb was Sponsored by Ms Geetha from Rajapalayam 💧



Let's Work Together



<https://www.freedomtrustchennai.org>



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