



STEPS AHEAD

A MONTHLY NEWSLETTER

Editors Desk



P S Prasad

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

I hope all of you liked the last months 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 some interesting content useful for all in our **Knowledge Series**

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

Voice of the Trustee

Physical rehabilitation focuses on restoring what has been lost. Unfortunately this process in some cases cannot be taken to its logical conclusion. At Freedom Trust, we believe our mission is not to give limbs but to give mobility. A prosthetic or orthotic device is just a tool; the real triumph lies in its ability to empower a person to walk, run, work, and participate fully in life. Our commitment is to provide a path to independence, enabling individuals to transcend their physical limitations and embrace a life of unrestricted movement and possibility. We have travelled nearly three decades and I am happy to say that we have quite a few friends of the Trust who are enabling our vision to make all amputees in India WALK



Dr Sunder
Managing Trustee

Dr Sunder

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Empowering Movement

For individuals living with physical challenges, the ability to move freely and independently is often a significant hurdle. However, advancements in assistive technologies – specifically prosthetics, orthotics, and a wide array of mobility aids – have revolutionized the landscape of rehabilitation, offering unprecedented opportunities for enhanced function, participation, and quality of life. These devices enable millions in our country to engage in daily activities and earn a daily living. **THUS, FREEDOM TRUST DOES NOT GIVE LIMBS – IT GIVES MOBILITY**



Understanding the Pillars of Assistive Technology

Assistive technology for physical challenges broadly falls into three crucial categories.

1. Prosthetics: Restoring What Was Lost

Prosthetics are artificial extensions that replace missing body parts, most commonly limbs lost due to trauma, disease (such as diabetes-related amputations), or congenital conditions. The primary goal of a prosthetic is to restore function, allowing individuals to perform activities that would otherwise be impossible.

- **Upper Limb Prosthetics:** These range from cosmetic hands that mimic natural appearance to highly functional devices. Body-powered prosthetics use cables and harnesses to control movement, while myoelectric prosthetics utilize electrical signals from residual muscles to operate sophisticated robotic hands and arms. However, these are very expensive and need extensive training
- **Lower Limb Prosthetics:** Designed to replace a missing leg or foot, lower limb prosthetics are crucial for walking, standing, and maintaining balance. The fitting process is critical, requiring a precise socket custom-made to the individual's residual limb to ensure comfort, stability, and efficient power transfer. WALK INDIA is the initiative by our Trust to provide lower limb prosthetics.

The psychological impact of prosthetics is profound. Beyond the physical restoration, they can significantly boost self-esteem and enable social reintegration, allowing individuals to live more active and fulfilling lives.

2. Orthotics: Supporting and Correcting the Body

Unlike prosthetics, which replace missing parts, orthotics are external devices applied to the body to support, align, prevent, or correct deformities, or to improve the function of movable body parts. They are custom designed to address specific biomechanical needs and are commonly used for conditions affecting the spine, joints, and limbs.

- **Spinal Orthoses (Braces):** These are used to manage conditions like scoliosis (curvature of the spine), spinal fractures, or post-surgical recovery. They stabilize the spine, reduce pain, and can help prevent further progression of deformities, particularly in growing adolescents.

Gyaan - Knowledge Series

- **Lower Limb Orthoses:** These include ankle-foot orthoses (AFOs) for foot drop or ankle instability, knee-ankle-foot orthoses (KAFOs) for more extensive leg weakness, and custom shoe inserts. They help improve gait, support weak muscles, correct alignment issues, and distribute pressure evenly, making walking safer and more efficient.
- **Upper Limb Orthoses:** Often referred to as splints, these are used for conditions such as carpal tunnel syndrome, stroke recovery, or hand injuries. They can provide support, reduce pain, prevent contractures, and assist in regaining fine motor control.

Orthotics play a vital role in preventing secondary complications, improving motor control, reducing pain, and enhancing participation in physical therapy. They empower individuals to maintain functional independence and protect vulnerable joints and limbs



3. Mobility Aids: Enhancing Movement and Independence
Mobility aids encompass a broad spectrum of devices designed to assist individuals with limited mobility in moving from one place to another. These aids significantly reduce the effort and risk associated with movement, promoting greater independence and access to the community.

- **Canes:** The simplest form of walking aid, canes provide a small base of support for balance and stability. They are suitable for individuals with minor balance issues or weakness on one side. Every senior who steps into the eighties, needs additional support from canes. They also provide proprioception, which is the feeling of the uneven ground ahead, through the hand grips.



Crutches: Offering more support than a cane, crutches transfer weight from the legs to the upper body. They are commonly used for short-term injuries but also for long-term conditions affecting leg strength and stability. Polio victims use them extensively.

• **Walkers:** Providing a wider and more stable base of support, walkers are ideal for individuals needing significant assistance with balance and weight-bearing. Rollators, a type of walker with wheels and often a seat, offer even greater ease of movement and convenience.

• **Wheelchairs:** For individuals with significant mobility impairments, wheelchairs are indispensable. They range from manual wheelchairs, propelled by the user or an attendant, to advanced power wheelchairs that are motor-driven and can include features like tilt, recline, and elevation functions. Specialized sports wheelchairs also allow participation in competitive athletics

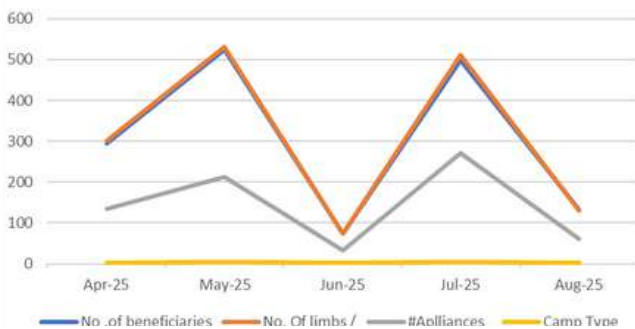
In essence, prosthetics, orthotics, and mobility aids are more than just medical devices; they are catalysts for independence, dignity, and active participation in society. By restoring movement and enhancing capabilities, they empower individuals with physical challenges to not only overcome limitations but to thrive.



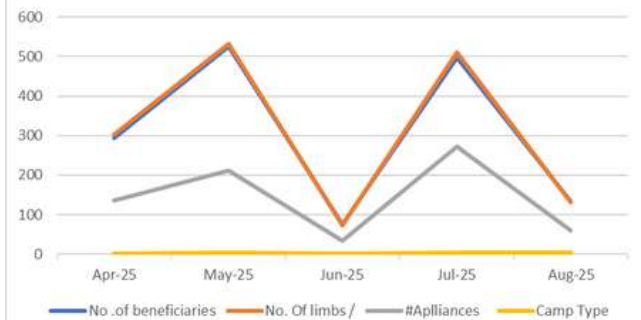
Year To date Trends FY 2025 - 26

Particulars	Apr-25	May-25	Jun-25	Jul-25	Aug-25	Grand Total
GVP						
No .of beneficiaries	758	368	486	834	296	2742
No. Of limbs /	189	149	80	129	56	603
#Appliances	832	323	572	1076	432	3235
Camp Type	4	3	1	6	3	17
Walk India	Apr-25	May-25	Jun-25	Jul-25	Aug-25	Grand Total
No .of beneficiaries	295	525	74	498	133	1525
No. Of limbs /	302	532	73	511	131	1549
#Appliances	135	212	33	272	60	712
Camp Type	2	4	2	4	3	15
Total No .of beneficiaries	1053	893	560	1332	429	4267
Total of No. Of limbs /	491	681	153	640	187	2152
Total of #Appliances	967	535	605	1348	492	3947
Total of Camp	6	7	4	10	6	33

GVP YOY 2025



Walk India YOY - 2025



Particulars	Assessment	Distribution	Grand Total
GVP			
No .of beneficiaries	1550	1192	2742
No. Of limbs /	308	295	603
#Appliances	1867	1368	3235
Camp Type	9	8	17
Walk India			
No .of beneficiaries	652	873	1525
No. Of limbs /	659	890	1549
#Appliances	249	463	712
Camp Type	6	9	15
Total No .of beneficiaries	2202	2065	4267
Total of No. Of limbs /	967	1185	2152
Total of #Appliances	2116	1831	3947
Total of Camp	15	17	33

Activities of the Month

Hapag Lloyd global Capability Center / Walk India/ Assessment - Yavatmal



DONORS FROM HAPAG

This camp was held on **04.08.2025** was at Yavatmal in Maharashtra. The camp was Supported by our local partner, Gram Samassya Mukthi Trust & Mission Samridhi. A total of **60 Beneficiaries, 60 Limbs and 34 appliances were assessed.**

Hapag Lloyd global Capability Center is one of the consistent supporter and donor. They have supported Freedom Trust in many ways



Following were the members who were part of this wonderful camp

Mr Hariharan Sankaran a Trustee from Freedom Trust and Mr Sandeep Kanchan and Mr Raees Shaikh from Hapag Lloyd

Yavatmal district pronunciation, [jəvətma:] formerly known as Yeotmal, is a district of the Indian state of Maharashtra. It is located in the region of Vidarbha, in the east-central part of the state. It is Vidarbha's third-largest district by population, after Nagpur and Amravati.

Yavatmal is famous for its grand and unique Navratri festival with an unusually large number of Durga idols, its nickname "Cotton City" due to high cotton yields, and its rich natural resources, including Tipeshwar Wildlife Sanctuary and the presence of coal and limestone deposits.





Hapag Lloyd global Capability Center - Walk India / Assessment - Wardha

The Second camp of August was conducted at Wardha on **05.08.2025**. Our strong and committed Local partner for this camp was Mission Samridhi & Mr Chandrashekar

Wardha is a city and a municipal council in Wardha district in the Indian state of Maharashtra. The administrative headquarter of Wardha district is situated here. Wardha gets its name from the Wardha River which flows on the northern, western, and southern boundaries of the district.

Wardha is famous for its significant role in the Indian independence movement, particularly as the location of Mahatma Gandhi's Sevagram Ashram. It's a historic centre for Gandhian philosophy, the ashram of Vinoba Bhave, and home to social reformers like Baba Amte and Jamnalal Bajaj. The city also features religious sites like the Vishwa Shanti Stupa and natural areas such as the Bor Wildlife Sanctuary.

The camp was with the support Mr Hariharan Sankaran - Trustee Freedom Trust, Sandeep Kanchan and Raees Shaikh from Hapag Lloyd. This assessment camp benefited **54 beneficiaries, 51 Limbs and 26 appliances.**



**Sanmina - Sci Technology India
Pvt. Ltd,- GVP/ Distribution -
Tirupati**



ACHARYA SWAMIJI OF KANCHI MATT , MR SRIDHAR KANCHI MATT



This camp was held on **10.08.2025** with the support of our Local partner Kanchi Mattha Urban Health Center, Tirupathi

The team from Kanchi Mattha Urban Health Center, Tirupathi have extended phenomenal support for the entire camp Their team has been so efficient and cooperative

The camp had the presence of Mrs Usha Bharadwaj & Abhilash M Field officer from Freedom Trust

This distribution camp benefited **38 beneficiaries, 10 limbs with 43 appliances**





DR SUNDER SPEECH ON FREEDOM TRUST

We have had continuous support from our Donor VARA LLP .

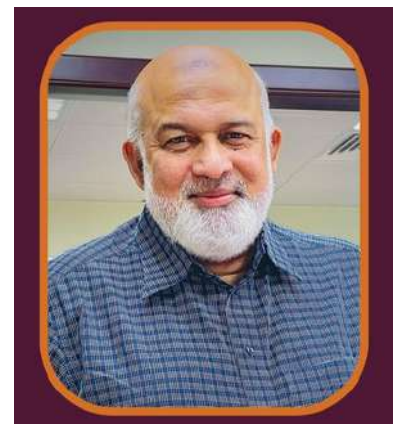
This camp was conducted @ Kasargode with the support of our local partner **Akkara foundation** on **12.08.2025**.

Established in 2018, Akkara Foundation Bekal is a Non-profitable Organization based in Kasaragod, Kerala. The trust has been formed primarily to initiate medical and psycho-social assistance in the upliftment of physically and mentally challenged individuals.



DIGNITARIES ON STAGE

Akkara Mohammed Abdul Aziz lost parent at age 3 and raised by maternal uncles. Born on December 25, 1955, he attended schools in Kotikulam and Udma. After graduating from Government College, Kasaragod, and Farook College, Calicut in 1976, he entered business. In 2005, he co-founded Greenwoods Public School in Bekal, expanding into Greenwoods Arts College and Wafiya Women's College. His commitment to education extends to supporting schools in Kerala and Karnataka, along with social service in his hometown.



AKKARA MOHAMMED ABDUL AZIZ



MR ELAVENDAHAN DISTRIBUTING APPLIANCES

The camp had the presence of Dr Sunder-Freedom Trust, Mr Elavendhann CSR Vara future Llp ,Mr Yasir Akkara ,Mr Jagan Field officer Freedom trust

This distribution camp benefitted **161beneficiaries with 21 limbs and 275 appliances**

Savex Technologies / Walk India / Distribution - Chennai



The camp was conducted in Chennai at the Youth Hostel Campus in Tiruvanmiyur on 18 .08.2025.

This was a special camp for Freedom trust. The limbs were supplied by a company INSTALIMB. The trust has been jointly working with this company for many months to experiment these limbs developed by the new 3 D print technology.

The foundation of Instalimb was laid in early 2014, when Yutaka Tokushima was CEO, met a helpless diabetic gangrene patient while working as a Japan Overseas Cooperation Volunteer. Instalimb provides with a 3D printed prosthetic leg fuelled by proven Japanese technology. They utilize the unprecedented 3D-CAD, 3D printing and machine learning (AI) technology to develop the best-fitted socket tailored to your needs.



Dr Sunder , Mr Sankaran , Mrs Usha Bharadwaj ,Mr Prasad , Mrs Sumathi iyyar & Jayavelu from freedom trust DR Ambalavanan , Mr Jhony from Savex were present through the event.

Dr Ambalavanan was a big support taking the pre fitment feedback from these sample beneficiaries

It benefitted **19 beneficiaries** , **20 limbs were distributed.**

Vara Future LLP - GVP Distribution - Pithapuram

The camp was conducted Pithapuram on **31 08 2025**.

This camp was successfully conducted benefitting **97 beneficiaries , 25 limbs with 114 appliances** .

Pithapuram is a town and municipality in the Kakinada district of Andhra Pradesh, India. With a history spanning over 1,500 years, it is one of the oldest towns in the state.

Pithapuram is famous as a pilgrimage center due to its many revered Hindu temples, notably the Sripada Srivallabha Temple, dedicated to an incarnation of Lord Dattatreya, and the Kukkuteswara Swamy Temple which houses the Puruhutika Devi Temple, one of the Maha Shakta Peethas. The town holds significant religious importance and is known for its ancient architecture and historical significance, with one of the major temples being located on its premises.

Mrs Usha Bharadwaj ,Dr Siva Sbramanyam , Mr Elavendhann CSR Vara future Llp ,Mr Jagan Field officer Freedom trust were present for the camp



Sangeetha Kathanubavam- Music Forum event @Music Academy - Chennai



A workshop for school and college students was conducted by Music Forum in association with The Music Academy and Freedom Trust on 23 August 2025

The workshop for the year was named Sangeetha Kathanubavam. Dr Sundar and Dr Sudha Seshayyan conducted the workshop in two sessions with packed hall of students and teachers from various schools and colleges .

Sri K.N.Ramaswamy Director BVB was the Chief Guest for the event



Upcoming Activities

06
Sep

GVP / DISTRIBUTION

At Chengalpattu

Donor-Lodge Ramaprasad No 228

Fixed

11
Sep

GVP / DISTRIBUTION

At Theni

Donor- Vara Future LLP

Fixed

12
Sep

WALK INDIA DISTRIBUTION

AtTheni

Donor- Hexaware DRHM

Fixed

14
Sep

GVP / ASSESSMENT

At Kovilpatti

Donor- Vara Future LLP

Fixed

16
Sep

GVP / DISTRIBUTION

At Trichy

Donor- BHEL & RANE

Fixed

20
Sep

WALK INDIA DISTRIBUTION

At Yavatmal / Wardha

Donor- Hapag lloyd global

Fixed



Quote for the Month

“I don't need easy. I just need possible.” “The only disability in life is a bad attitude.” “I don't have a dis-ability, I have a different-ability.”

Human Story

Human Story from our Recent Distribution Camp

R Vijay

- BSc Computer Science Graduate
- Lost Both his limbs in a accident in the year 2018
- Freedom Trust has been supporting him for many years
- Interested In chess and carrom
- Lives near Tirupattur vaniambadi
- Daily life on Train selling pens and other items for his living
- Need to stand for long hours
- Wife also educated but no job
- They have 2 children LKG and another in Pre kg



The Sad Story but a brave and courageous recovery.

Year **2018** a normal day goes for an interview by train .Finishes the interview gets selected , gets his appointment letter and returns happily to the Bangarapetu railway station to go back home .

Fate had been cruel to him . Due to heavy rush there is a stampede in the railway foot bridge . He get crushed and thrown down .His legs get caught in one of the railings and falls on the track . Looses both his legs .

Tried treatments in various hospitals Kolar , Vaniambadi, and Kilpauk but no hope not solution .

<https://drive.google.com/file/d/1sndyt0g02a9M4JgxfJfHCmlV4sph6S7J/view?usp=sharing>

2019 tried a new pair of artificial legs but these were heavy and restricted his mobility

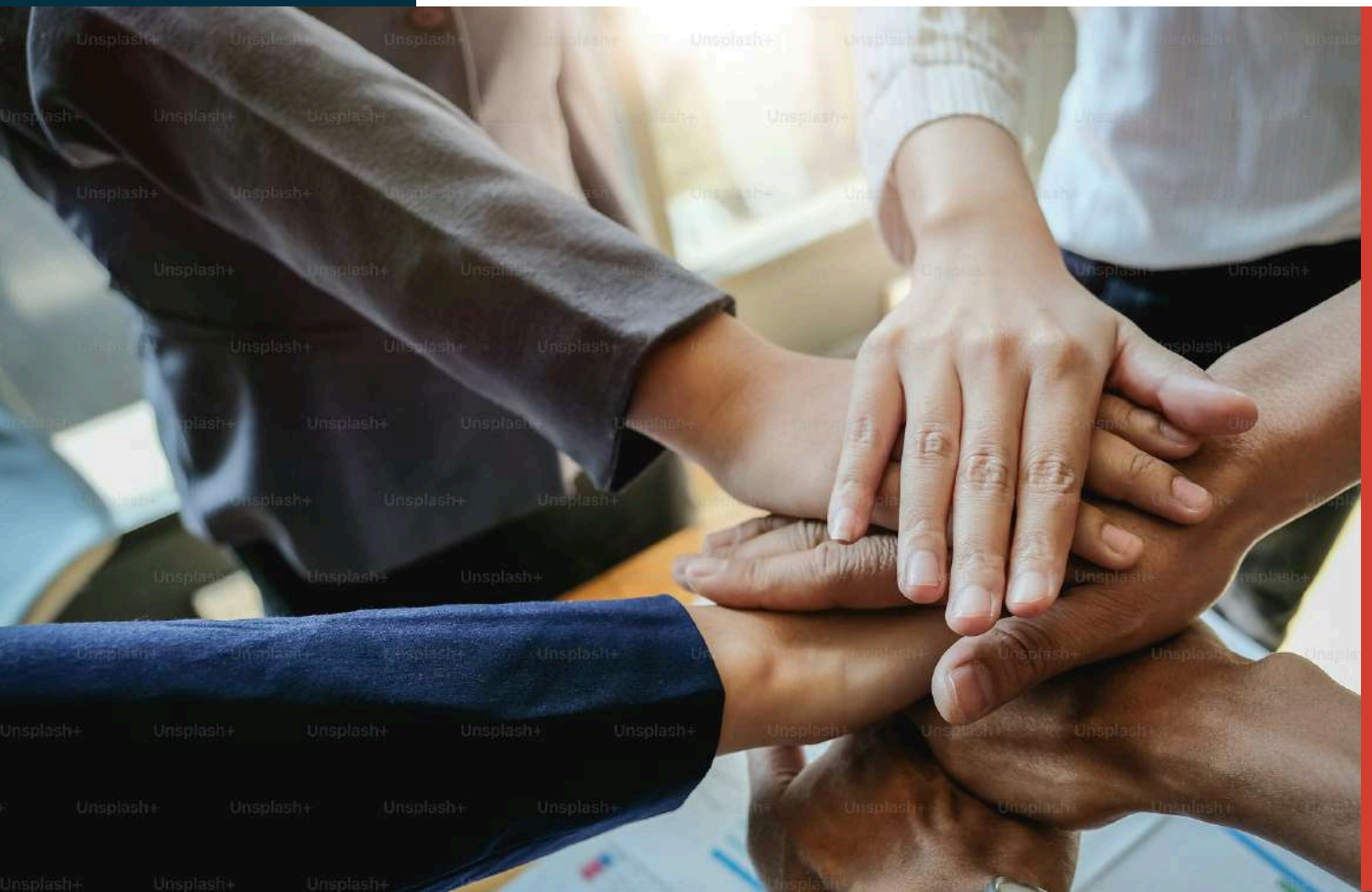
In **2022** he was introduced to Freedom Trust by a well wisher

From then on he has been supported by Freedom trust with his limbs .

He is a happy man now with a new life and is able to stand on his own legs with mobility .Today he runs with his limbs.

This is the joy of giving , helping others .All your contributions and donations mean a lot to many such lifes like this .





Let's Work Together



<https://www.freedomtrustchennai.org>



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