



STEPS AHEAD

A MONTHLY NEWSLETTER

Editors Desk



-P S Prasad

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

I hope all of you liked the April 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 some new content in our **Knowledge Series** and also a new addition being our **Talent Corner** , a page dedicated to exhibit the talent of the differently abled .

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 Board Member

I consider it my absolute privilege and blessing to be associated with Dr. Sunder and Freedom Trust. Ever since 1999, my life's journey has become more meaningful and purposeful. Be it our GRAM VIKALANG PUNARJANMAM & WALK INDIA (through which we give away mobility aids to the underprivileged) or SISHUPUNARJANMAM (talent promotion for the differently abled), Freedom Trust under the guidance of Dr. Sunder has been making a huge difference in the lives of several thousands of physically challenged persons. Every camp has been a learning experience, and at the end of every camp the smile on the faces of our beneficiaries makes it all worthwhile .



Usha Bharadwaj

Board Member

Our pearls under the Sishupunarjanmam project are today shining in their respective fields of art, carving a niche for themselves on par with normal individuals. This is an opportunity for us to thank every one of our donors, be it individuals or corporates who have stood with us over the years in reaching out to the hapless physically challenged persons across our country. It's only with their support that we are marching ahead strong year after year!!! There is lot to do and with Freedom Trust's excellent track record, more and more people are looking up to us for support. Yes.....lets team up for the cause and make their lives meaningful too.

Usha Bharadwaj

Cerebral Palsy

Many of our camps are conducted within special schools, like Madhuras Narayanan Trust and Spastics Society of Tamil Nadu. Most of the beneficiaries are children who have delayed milestones, which means that they are late in their physical mental or social development. Though there may be some congenital malformations, or genetic disorders like Downs syndrome, the predominant diagnosis is usually Cerebral Palsy. These children need appliances prescribed by Freedom Trust to maintain posture, prevent deformities and develop physical milestones. Such appliances also enhance the special education given to them.



What Is Cerebral Palsy?

Cerebral palsy (CP) is a **neurological disorder** that affects muscle tone, posture, and movement. It results from **damage to the brain** that occurs during fetal development or due to conditions that interfere with normal brain development. Symptoms typically appear early in childhood and can vary significantly between individuals.

The primary impact of CP is **difficulty controlling muscle movements**—this is why it's classified as a movement disorder.

Types of Cerebral Palsy

Cerebral palsy is generally categorized into three main types:

- Spastic CP: Characterized by stiff or tight muscles and spasms.
- Dyskinetic / athetoid CP: Involves difficulty with controlling muscle movements.
- Mixed CP: Features a combination of symptoms from both spastic and dyskinetic types.

There are a few patients who are also non spastic or dyskinetic and floppy.

Additionally, CP is often classified based on which parts of the body are most affected:

- Diplegic: Mainly affects the legs more than the arms.
- Quadriplegic: Involves all four limbs.
- Hemiplegic: Affects one side of the body more than the other.
- Monoplegic: Limited to one limb.
- Paraplegic: Primarily affects the legs.

Symptoms and Causes

Cerebral palsy can lead to a wide range of symptoms, which may affect movement, physical appearance, behavior, and development. It is important to spot an unusually large sized head or poor response to the environment so that we can initiate early intervention. Body parts may seem unusually “floppy” in early stages, often progressing to stiffness or abnormal postures over time. Children may reach movement or other developmental milestones later than expected.

The child may also exhibit Muscle stiffness or spasticity, uncoordinated or jerky movements, or slow, writhing, or twisting motions.



What Causes Cerebral Palsy?

CP develops due to damage to the brain before, during, or shortly after birth and often involves multiple contributing factors, like Premature birth, Abnormal brain development in the womb, infections, genetic conditions or just reduced oxygen or blood supply to the brain.

Accidental head injuries, oxygen deprivation, infections, brain haemorrhages, or strokes can occur after birth.

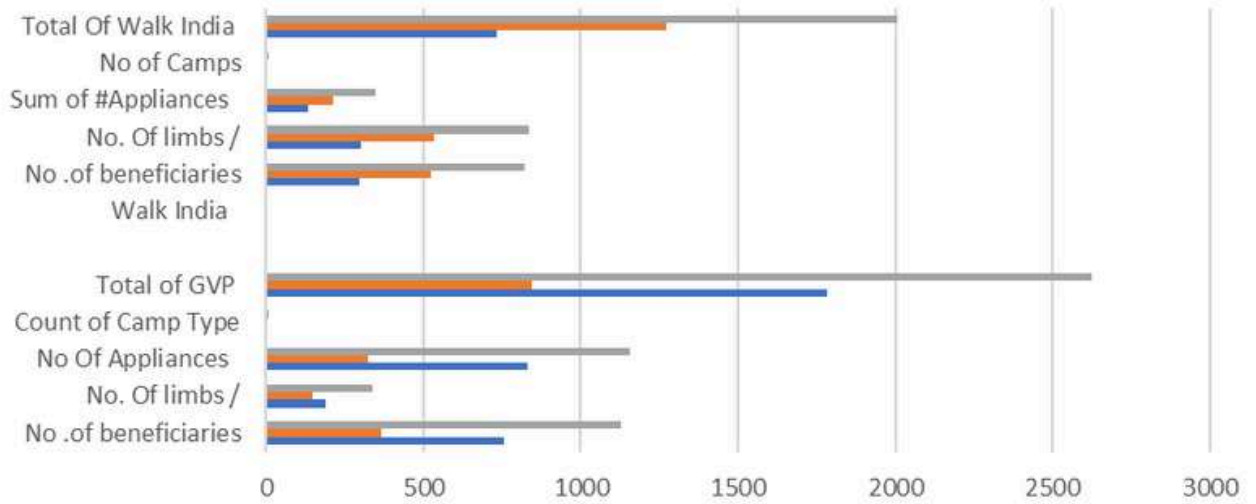
It needs a lot of experience to treat cerebral palsy because the symptoms are bizarre, varying from child to child, and needs very motivated care givers, usually the mother. Having a CP child in the family can lead to a lot of stress and sacrifice within the family. There are no miracle cures and the efforts of an entire rehabilitation team including physiotherapist, occupational therapist and speech therapist may be needed in addition to the psychologist and special educator. Very often the patient is unaware of the disability and also uncooperative to treatment.

Freedom Trust joins hands with several organisations offering rehab in rural areas to children with cerebral by giving calipers, splints, buggies, wheelchairs, and special furniture to give the best possible outcome to these children.



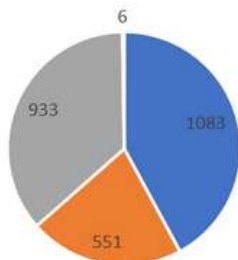


Year To date Trends FY 2025 - 26



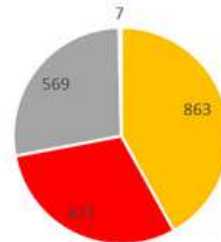
Particulars	Apr-25	May-25	Grand Total
GVP			
No .of beneficiaries	758	368	1126
No. Of limbs /	189	149	338
No Of Appliances	832	323	1155
Count of Camp Type	4	3	7
Total of GVP	1783	843	2626
Walk India			
No .of beneficiaries	295	525	820
No. Of limbs /	302	532	834
No Of Appliances	135	212	347
No of Camps	2	4	6
Total Of Walk India	734	1273	2007
Total No .of beneficiaries	1053	893	1946
Total of No. Of limbs /	491	681	1172
Total of #Appliances	967	535	1502
Total of Camp	6	7	13

Assessment



■ Total No .of beneficiaries ■ Total of No. Of limbs /

Distribution



■ Total No .of beneficiaries ■ Total of No. Of limbs /
■ Total of #Appliances ■ Total of Camp

Particulars	Assessment	Distribution	Grand Total
Total No .of beneficiaries	1083	863	1946
Total of No. Of limbs /	551	621	1172
Total of #Appliances	933	569	1502
Total of Camp	6	7	13

Activities of the Month

Vara Future LLP - Walk India /
Distribution - Kadapa



Mr Chamakuri Sridhar Collector, Mr Kishore Kumar



Our first camp on **7 May April 25** was at Kadapa .Kadapa is a city in the southern part of Andhra Pradesh, India. The city is known for its historic Devuni Kadapa and Ameen Peer Dargah..Supported by our local partner District disabled welfare office, Rayachoti **a total of 169 Beneficiaries, 170 Limbs and 70 appliances** were distributed

The camp was managed by Mr Sudarsan and Team .

Following are the members who were part of this wonderful camp were Mr Chamakuri Sridhar Collector, Mr Rajeendran Joint Collector, Mr. Ilavendan, Mr Sudharshan , Mr Krishna Kishore Assistant Director Welfare of Differently Abled.



Savex Technologies Walk India/ Assessment -Ananthapuram- AP

Another large / mega camp was conducted in Ananthapuram on **8 May 2025**. Our strong and committed Local partner for this camp was District disabled welfare office, Ananthapuram.

Savex is one of the prominent leaders ICT(Information and Communications Technology) distribution with over 37 years of legacy in the industry. (in distribution and technological solutions industry,)

Savex Technologies is headquartered in Mumbai, with 107 sales offices and 42 stocking locations strategically spread across different regions of India.

The camp was coordinated and executed by Sudarshan and Jagan our Field Officer . This assessment camp **benefited 189 beneficiaries , 192 Limbs and 65 appliances** .



Lennox Technologies Private Ltd - GVP/ Distribution -Vandiperiyar



MRS Usha Bharadwaj & Mr Vimal

Vandiperiyar, is a spice village in Idukki district, in the Indian state of Kerala. It is known for tourism, tea and coffee plantations, black pepper and other spice products. It is also known as an educational city and a number of tea factories are situated in the town. The Periyar River flows through the town. Lennox India Technology Centre (LITC), collaborates with global business partners in developing innovative and cost effective products, systems and solutions that are energy efficient and make our life comfortable. Global Design Centre, based in Chennai, helps bring together the best technology and engineering minds.



Mr Vimal

This camp was held on **17 May 25** with the support of our Local partner Asha Foundation India .

The camp was coordinated and executed by Mrs Usha Bharadwaj along with Mr, Vimal & Mr, Abinesh,

This assessment camp benefited **189 beneficiaries, 101 limbs with 127 appliances**





Mr Mahesh Thangaraj

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

This camp was conducted @ Tirunelveli with the support of our local partner Sri Jayendra Saraswathi Swamigal Golden Jubilee Matriculation higher Secondary School. The camp was on **19 May 25**



The team that assisted the camp consisted of Mrs Usha Bharadwaj , Mr Abhilash . Also present was Mr Mahesh Thangaraj

This assessment camp benefitted **68 beneficiaries with 95 appliances**

Hyundai Transs Lear Automotive Private Limited - Walk India Distribution-Tirunelveli



The camp was conducted in Tirunelveli on **19 May 25**

Hyundai Transys Lear Automotive Private Limited is an automotive parts manufacturer, specifically specializing in powertrains (transmissions, axles, etc.) and seating systems. It's an unlisted private company incorporated in India, with a focus on global manufacturing and development, including in Asia, Europe, and the Americas.



Our Field Officer Abhilash and Mrs Usha Bharadwaj , organised and executed this camp successfully . It benefitted **62 beneficiaries , 62 limbs and 33 appliances were distributed .**

Our Local partner with the support of our local partner Sri Jayendra Saraswathi Swamigal Golden Jubilee Matriculation higher Secondary School supported us end to end in the organising and execution of the camp

Hapag Lloyd Global Capability Center - Walk India Assessment - Ramanathapuram

The camp was conducted in Ramanathapuram on **20 May 25**. The local partner Mr Murugan & Anandhi provided all support to the team as well as the beneficiaries and donors.

This camp was successfully conducted benefitting **105 beneficiaries**, **108 limbs** with **44 appliances**.

Mrs Usha Bharadwaj, from Freedom Trust, Mr Jayakumar J - Team Leader Service Delivery & Siva Karkodan - IT coordinator represented Hapag-Lloyd were present for the event.



Mrs Usha Bharadwaj, Mr Jayakumar & Siva Karkodan interacting

**Sanmina Tech Service India Private
Ltd - GVP - Distribution-Tambaram**



MRS PRIYA

The camp was conducted in Chennai on **30 May 25**

Sanmina Group has been a very supportive donor and has contributed significantly for many large camps in the recent past .Their Employees too have been actively participating in all the camps



MRS NANSI NISHA



MRS SHIVANI PAREKH

Dr Sunder, Mrs Usha Bharadwaj , Mrs Priya , Mrs Nansi Nisha , Mrs Shivani Parekh were present

It benefitted **111 beneficiaries , 48 limbs and 101 appliances were distributed .**

Our Local partner Sri Veda Vyasara Thappovanam supported us end to end in the organising and execution of the camp

Talent Corner

Mr Lokesh V, is a differently-abled individual from Chennai, A B.Com graduate from from St. Louis College for the Deaf and later completed MBA at the University of Madras. Currently, is employed with the Visual Effects paint department at BOTVFX Chennai Was identified as hearing and speech impaired in his early years by his parents, Veeramani and Baby, and also has similarly affected sister named Bharathi, His interest in painting flourished at Bala Vidhyala Speech Impairment School.



He has been guided by art teachers Mr. Rama Suresh and Mrs. Amudha hearing and speech impaired

Pillar of support was from rehabilitation specialist Dr. Sundar and Freedom Trust, enabling me to excel in all forms of paintings

Received recognition at the District and State levels for his work on Global Warming in 2007 He has also completed a basic smartphone filmmaking course and a photography course.

Beyond the realm of art, he actively engages in virtual versions of cricket, badminton, and football.

In 2023, the Chennai squad recognized and awarded him for being the champion deaf winner in competitions. Sports, including badminton, cricket, table tennis, football, and volleyball, also constitute a significant part of his hobbies.

Has participated in District Volleyball Tournaments, showcasing his versatility and determination.



Talent Corner



Awards and Recognitions

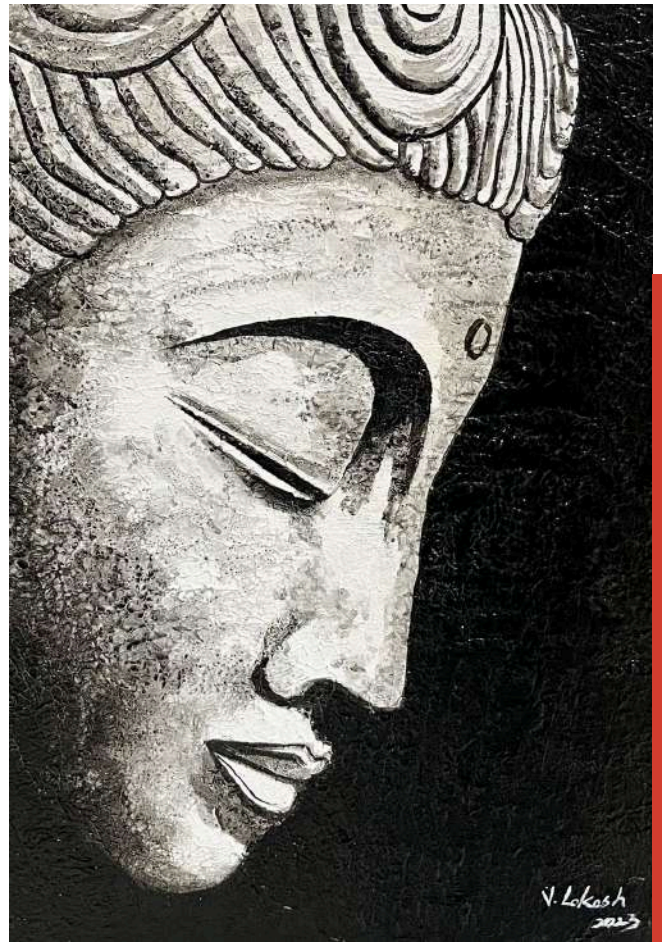
- Disha Young Achiever Award, Chennai. Ma Foi Foundation-2010
- Rotary Club of East Chennai Young Achiever's Award-2011
- Deaf Enabled Foundation Award, Chennai-2011
- National award 2011 – Minister of Social Justice & Empowerment, New Delhi. In recognition for my outstanding performance in the category of Persons with Disability in the Field of Arts/Culture/Literature-2011
- Tamil Nadu Differently Abled Federations Charitable Trust, Chennai. 7th Ascenders excellence Award-2013
- Deaf Enabled Foundation Award, Chennai-2014

Notable Exhibits

- 11th Chitra Santhe by Karnataka Chitrakala Parishath in 2014.
- South Indian Art, Chandra Ilango Art Foundation in 2014.
- CANvas, Rotary Bangalore Abilities in 2019.
- Kalaivanar Arangam exhibited before the Honourable Chief Minister in December 2022.
- 19th Chitra Santhe by Karnataka Chitrakala Parishath in 2022
- "Abilities Hub" a National Exhibition (Persons with Disabilities) February 2023 at NIEPMD, Chennai
- "Kairassi" sensory art exhibition at Apparao Galleries in Chennai
- Vizha International Handicrafts and Festival from May 2023 at Island Grounds, Chennai.
- "Art for hope" exclusive art exhibition at Triveni Kala Sangam in New Delhi March 2024.

For Paintings

Contact Lokesh 9841263356



Upcoming Activities



WALK INDIA DISTRIBUTION

At Mysore

Donor- Sanmar & Xylem

Fixed



GVP / DISTRIBUTION

At Tiruvallur

Donor- Caterpillar

Fixed



MILAN - FT ANNUAL MEET

At Chennai

Fixed



Quote for the Month

When you focus on someone's disability you will overlook their abilities, beauty and uniqueness

Yvonne Pierre

Donor Feedback



Prabhakar

Fuji Electric

Deputy Manager -
EHS

Heartfelt thanks to the entire team at Freedom Trust. From the initial assessment to the final execution, every step was carried out with remarkable dedication and within the targeted timeline. This initiative goes far beyond a typical CSR activity—it's truly transforming the lives of individuals and their families. I feel deeply honored to be a part of this journey and to have the opportunity to contribute to such meaningful social impact. Thank you once again for making a real difference. **Prabhakar - Fuji Electric**

Human Story

Human Story from our Recent Assessment Camp at
Kadapa

How life takes a U turn in a minute

Parvathi

30 years

Kadapa



Parvathi

At the age of 1 she was sitting with her parents in a small road side eatery in her hometown Madanapalle and having tea

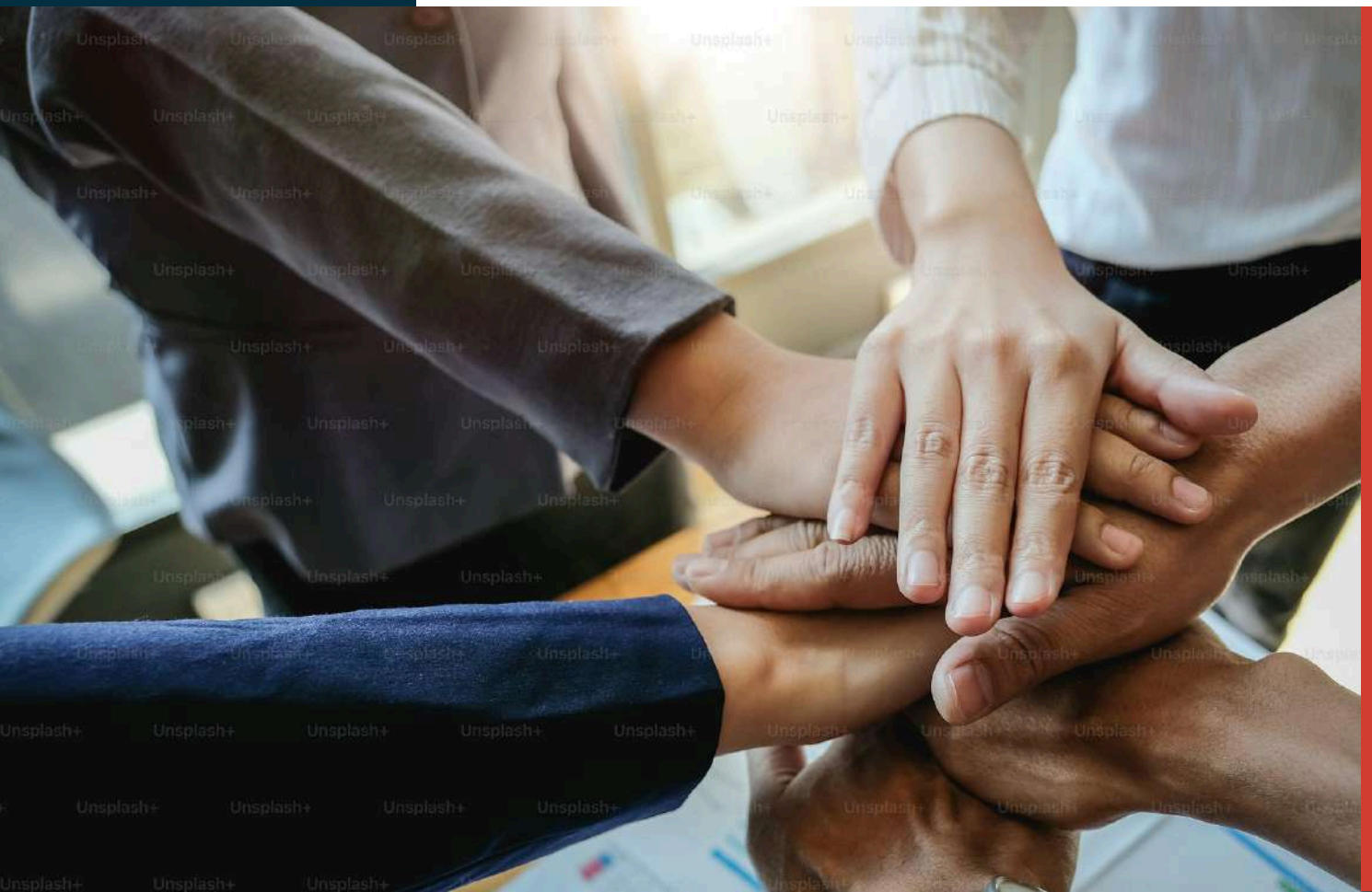
When a govt bus lost control and crashed into the restaurant....

Instantly killing her parents and a few others ..leaving her with left leg completely crushed..

At 5 years she got her first artificial limb in Tirupati and has been getting new one s as she was growing up...

She has been using an artificial limb provided by some other organization but is not comfortable with it due to Fitment issues.

We took her Measurements and told her that she will get her New Artificial Limb at our Trial. Fitment and Distribution Camp in Kadapa. **Now she has been given the limbs and she walks free**



Let's Work Together



<https://www.freedomtrustchennai.org>



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