



Arunima Sinha: First Female Amputee to Climb Mount Everest



Volume 4



Boniface Prabhu: Wheelchair Tennis Champion



Deepa Malik India's First Paralympic Medallist



Sheetal Devi - Para archery



Inshah Basir -First Women basketball player

My disability
Is my strength

STEPS AHEAD
A MONTHLY NEWSLETTER

Editors Desk



P S Prasad

I hereby release the Monthly newsletter 'STEPS AHEAD' for the month of **March 2026**.

We end the financial year in March 26 proudly by saying that we have supported a total of **7494 beneficiaries** providing them with **3663 limbs** and **6939 appliances**.

I hope all of you liked the last months edition of our Newsletter. Look forward to your feedback on newsletter and look forward to your participation with your content.

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

Dear Friends,

Mar 2026 was a fulfilling month for the Freedom Trust with many camp activities held across multiple districts to reach out to the needy beneficiaries.

Being a concluding month of the financial year (FY) end, we ensured all camp activities have been fulfilled to the satisfaction of the donors so that we could start receiving donation for the next year.

We are happy to inform you that our improved process of Quarter wise planning of activities really helped to achieve the target of successful utilisation of all donations this FY except few which we received in last week of March.

We have further planned to improve the camp process this FY to ensure that every donation utilized with outreach to the needy beneficiary across India.

Thanks for your continued support and looking forward to another successful FY for Freedom Trust.



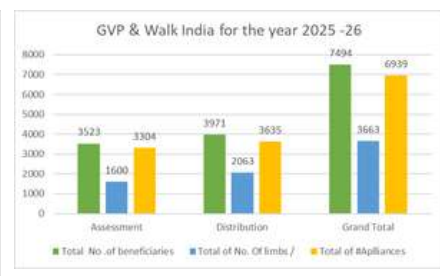
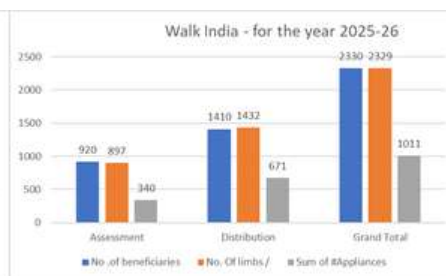
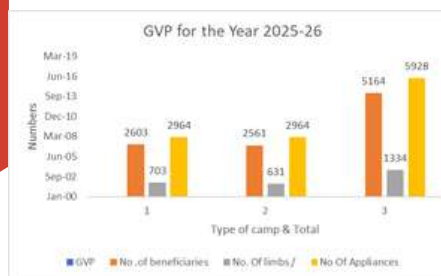
Mr Sankaran

Mr Sankaran- Trustee Freedom Trust

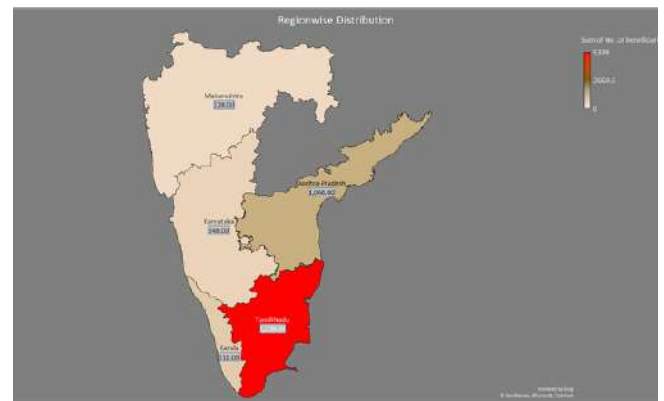
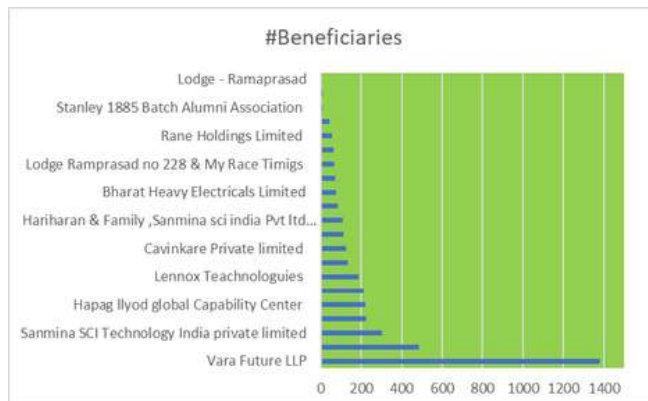


Year To date Trends FY 2025 - 26

Particulars	Apr-25	May-25	Jun-25	Jul-25	Aug-25	Sep-25	Oct-25	Nov-25	Dec-25	Jan-26	Feb-26	Mar-26	Grand Total
GVP													
No. of beneficiaries	758	368	486	834	296	850	0	645	495	133	82	217	5164
No. Of limbs /	189	149	80	129	56	218	0	256	162	13	15	67	1334
#Appliances	832	323	572	1076	432	978	0	652	521	184	112	246	5928
Camp Type	4	3	1	6	3	5	0	3	4	1	1	2	33
Walk India													
No. of beneficiaries	295	525	74	498	133	309	2	10	37	90	125	232	2330
No. Of limbs /	302	532	73	511	131	311	2	10	37	88	129	203	2329
#Appliances	135	212	33	272	60	116	0	0	5	2	61	115	1011
Camp Type	2	4	3	4	3	3	1	1	2	3	1	6	33
Total													
Total No. of beneficiaries	1053	893	560	1332	429	1159	2	655	532	223	207	449	7494
Total of No. Of limbs /	491	681	153	640	187	529	2	266	199	101	144	270	3663
Total of #Appliances	967	535	605	1348	492	1094	0	652	526	186	173	361	6939
Total of Camp	6	7	4	10	6	8	2	6	6	4	2	8	66



Beneficiaries - CSR Partnerswise



Beneficiaries - CSR Partnerwise

CSR Partners	#Beneficiaries
Vara Future LLP	1380
Caterpillar India Pvt Ltd	486
Sanmina SCI Technology India private limited	301
Hexaware DRHM	223
Hapag llyod global Capability Center	221
Savex Technologies P Ltd	211
Lennox Teachnologies	189
Sanmina Tech Service Private Limited	133
Cavinkare Private limited	125
Sanmina Tech Service India Private Ltd	111
Hariharan & Family ,Sanmina sci india Pvt Ltd & Ind	109
Shriram Group	82
Bharat Heavy Electricals Limited	75
Xylem water mark solution, Sanmar Groups & Mrs	73
Lodge Ramprasad no 228 & My Race Timigs	69
Hyundai Transys Lear Automotive Private Limited	62
Rane Holdings Limited	56
SN Lumax	42
Stanley 1885 Batch Alumni Association	10
DHL	10
Lodge - Ramaprasad	2
Individual Donor	1
Grand Total	3971

Volume Break Up- Camp Type

GVP	Assessment	Distribution	Grand Total
No. of beneficiaries	2603	2561	5164
No. Of limbs /	703	631	1334
No Of Appliances	2964	2964	5928
Count of Camp Type	16	17	33
Total of GVP	6286	6173	12459
Walk India	Assessment	Distribution	Grand Total
No. of beneficiaries	920	1410	2330
No. Of limbs /	897	1432	2329
Sum of #Appliances	340	671	1011
No of Camps	14	19	33
Total Of Walk India	2171	3532	5703
GVP and Walk India	Assessment	Distribution	Grand Total
Total No. of beneficiaries	3523	3971	7494
Total of No. Of limbs /	1600	2063	3663
Total of #Appliances	3304	3635	6939
Total of Camp	32	36	69

Activities of the Month

Vara Future LLP /Walk India/Assessment - Coimbatore

The first camp for the last month of the financial year 2025- 26 was at held at Coimbatore. This was an assessment camp under project "Walk India" for amputees in need of artificial limbs.

The camp was held on Tuesday, **3rd March 2026** at Midastouch School of Excellence, Katoor St, Kalapatti, Coimbatore, Tamil Nadu.



This camp benefited 54 beneficiaries with 53 limbs and 26 appliances.

The camp was spearheaded by Dr Padma Rani and The Rotaract Club of Coimbatore Spectrum & assisted by Mr. Jagan and Mr. Abilash, Project Officers from Freedom Trust.

This program was sponsored by VARA Future LLP as part of their CSR program.



54

Beneficiaries

53

Limbs

26

Appliances

LENNOX /GVP/Assessment -Mysuru [Sargur]



The second camp for the month was conducted on **04-03-2026** at Vivekananda Memorial Hospital, Sargur, Mysuru. The project was sponsored by M/s Lennox Technology Centre India Pvt. Ltd Chennai as part of its Corporate Social Responsibility initiative for 2025-2026. The local partner being Swami Vivekananda Youth Movement [SVYM].

Mr. Vimal from Lennox Technology Center India Pvt. Ltd along with Dr. Sunder, Mrs. Usha Bharadwaj, Project Officers Mr. Jagadeeswaran and Mr. Abhilash. from Freedom Trust attended the camp

135

Beneficiaries

52

Limbs

147

Appliances

Xylem Evoqua India Pvt Ltd/Walk India /Assessment -Mysuru [Sargur]



On the same day another camp was conducted at the same premises to support the CSR program for **Xylem Evoqua India Pvt Ltd**.

This camp benefited **28 beneficiaries with 7 limbs and 32 appliances**

28

Beneficiaries

7

Limbs

32

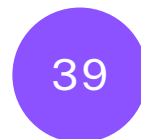
Appliances

Rotary Club of Puttur and Rotary Club of Chennai Mambalam /Walk India /Assessment -Puttur

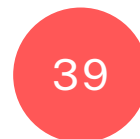


Two camps were conducted on the same day at Puttur as a Rotary Project for the Mambalam Chennai and also the Puttur club This camp was conducted in Puttur on **5 March 2026** at Sri Nataraja Vedike Mahatobhara Sri Mahalingeshwara Temple, Puttur, Karnataka.

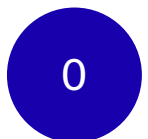
Dr. Sunder, Mrs. Usha Bharadwaj, Project Officers Mr. Jagadeeswaran and Mr. Abhilash. from Freedom Trust attended the camp
Rotary Club of Puttur camp benefited 18 beneficiaries with 18 limbs
Rotary Club of Chennai Mambalam camp benefited 21 beneficiaries with 21 limbs.



Beneficiaries



Limbs



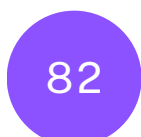
Appliances

Shriram Group /GVP /Distribution - Sirkazhi

The camp was conducted on **7 March 2026** at Sirkazhi Tamil Nadu. The camp was supported by our local partner District Differently Abled Welfare Office and was conducted at Tamil Nadu Worker's Union Office, Sirkazhi.

Sirkazhi (or Sirkali) is a historic town in Tamil Nadu's Mayiladuthurai district known as the birthplace of the 7th-century saint Tirugnanasambandar. Centered around the ancient Sattainathar Temple, this town is a major Hindu pilgrimage site and was a significant, historically fortified place under the Chola dynasty.

Ms. Usha Bharadwaj, Freedom Trust, participated and distributed the mobility aids to the respective beneficiaries. Mr. Leo James, Mr. Jagadeesan and Mr. Abilash from Freedom Trust were also present.



Beneficiaries



Limbs



Appliances

SANMAR /Walk India /Assessment - Cuddalore



The camp was held on Sunday, **08th March, 2026** at Community Hall, Gundu Salai Cuddalore, Tamil Nadu. This camp was exclusively for people with lower limb amputation who had lost their lower limbs due to diabetes, infections, cancer or accidents etc. This project was sponsored by SANMAR Groups Under its Corporate Social responsibility 2025-2026.

The camp was led by Mr Leo James, Project Manager, Freedom Trust, supported by Mr. Jagadeesan, Project Officer, FT and Mr Syed Mustafa Local partner Sigaram Foundation.

The camp benefited 57 beneficiaries with 51 limbs 31 appliances

57

Beneficiaries

51

Limbs

31

Appliances

Vara Future LLP /Walk India/Distribution - Coimbatore

This distribution Camp was held on **19th March 2026** at Coimbatore, Tamil Nadu

The camp was graced by the presence of Mr. L. Elavendan from Vara Future LLP, Mrs. Usha Bardhwaj, Board Member, Freedom Trust, and Mrs. Sharmila, Managing Trustee, Arupadiyappan Charitable Trust, Coimbatore whose guidance and encouragement added excellent value to the initiative. The "Stays in Motion" [Rotaract Community Club] served as the local partner represented by Mr. Sathveegan, President – Rotaract club and played a crucial role in beneficiary identification, coordination, and overall facilitation of the camp. Mr. Leo James, PM and Mr. Jagadeesan, PO helped in coordination of the camp in Coimbatore.



54

Beneficiaries

53

Limbs

26

Appliances

SHISHUPUNARJANMAM DARSHAN REPORT



Sanmina- Guests of Honour



Rtn Vinod Saraogi

'DARSHAN' – an extraordinary Evening of Music and Arts by the talented differently abled artists was held on 27th February 2026 at the Dakshinamurthy Auditorium Chennai. In this event 24 new scholars were inducted into its Shishupunarjanmam Project sponsored by SANMINA.

Dr. Sunder presented the Journey of Freedom Trust and evolution of the Shishupunarjanmam Project catering to differently abled children with blindness, speech and hearing impairment.



The Guests of Honour, Shri Balakrishnan Baskaran and Shri Babu Dinesh Kumar, Senior Managers from SANMINA were honoured with Citations and individual portraits of theirs drawn by the Pearls. Following this, Governor Rtn. Vinod Saroagi was presented with the citation and portrait drawn by Lokesh, a Pearl of the trust. He committed a donation of Rs.1 lakh by the Rotary Club of his district. Mr. Jagadeesan, Deputy Director, Department of Social Welfare, Commissionerate of Disability said he was impressed by the talents of the young musicians and recommended that Freedom Trust get the 'Best NGO Award' on Independence Day by Government of Tamil Nadu for the noble service to the cause of the disabled in the state.

The program was attended by Padmashri Bombay Jayashri who blessed the children.

The program started off with authentic Carnatic music and devotional songs and ended with thoughtfully chosen melodies from Indian Cinema. The audience and the sponsors appreciated the performance and also the efforts put in to train the children.



Human Stories



My Name is S Ranganathan and I am from Coimbatore. I had to get my left leg amputated due to a diabetic condition and I requested for a Below knee prosthesis. Due to the efforts of Freedom Trust, I am happy to have received the prosthetic limb and express my sincere thanks and gratitude to the Trust and sponsors for providing me with this mobility aid. I am now confident to move around and conduct my regular tasks with considerable ease. I will now be able to move around and resume my small retail selling of small items in my neighbourhood, which will make me physically and financially independent.

My name is **Vasanthi** and I come from the outskirts of Coimbatore city. I lost my left limb due to a medical condition and I used to feel helpless before I attended the Freedom Trust camp and had to depend on someone else for moving around, even inside the house. Now that I have received a Below Knee Prosthesis and an Adjustable Folding Walker, I will be able to be fairly independent and do my activities normally. I thank Freedom Trust and other organizers to have given me this limb that has made me very happy.



I am **A. Vincent** who lost my right leg in an accident six months ago in Coimbatore. It was a terrible bike accident by a young bike rider on a fast sports bike. I did not want to spoil his life, and career so did not even register a police complaint. I had a surgery on the same soon after the accident and have now received a right above knee prosthesis. I am delighted to receive the limb from Freedom Trust and am sure this will enable me to be more physically and mentally more independent than before.

Understanding the Complications of Amputation

Amputation may often be a life-preserving procedure; however, it is fraught with potential complications, both physical and psychological. Knowledge of these possible complications allows the medical team to preventively address or intervene in their management should they arise.

A. Physical Complications

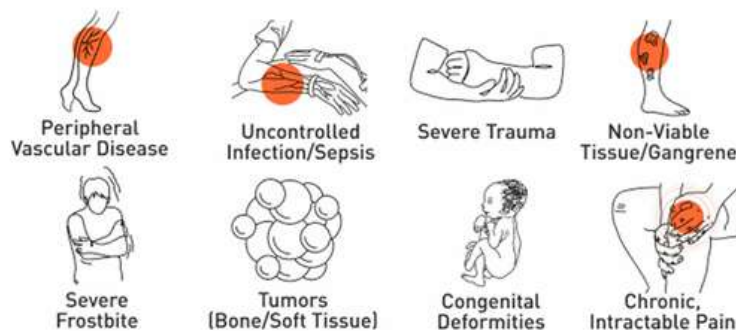
- **Infection:** Site infections are a risk with any surgical procedure, including amputations. Care during surgery and post-operative wound care can greatly minimize these risks.
- **Bleeding and Hematoma:** Excessive bleeding during or after the surgery may result in a collection of blood under the skin (hematoma) that may require drainage.
- **Delayed Wound Healing:** Factors that interfere with wound healing of the amputation site are poor circulation, diabetes, and infection.
- **Skin Breakdown:** This is the development of pressure sores or skin irritation on the residual limb, most likely during the initial healing phase or due to an improperly fit prosthesis.
- **Phantom Limb Sensation and Pain:** This is a common phenomenon in which individuals perceive sensations, including pain, from the amputated limb. Phantom limb pain varies in intensity from mild to severe and is quite difficult to treat. It is thought to connect with how the brain continues to process signals from the missing limb.
- **Stump Pain:** It is pain in the actual residual limb, which may arise due to nerve damage, neuroma formation (benign growth of nerve tissue at the severed nerve ending), bone spurs, or poorly fitting prosthetic devices.
- **Joint Contractures:** Limited movement and muscle imbalance around the joints adjacent to the amputation site may lead to contractures (increased stiffness in joints), making it difficult for appropriate fitting and functionality of the prosthetic device.
- **Edema (Swelling):** Swelling occurring in the residual limb is quite common following surgery and may hamper wound healing or make prosthetic fitting difficult. Compression therapy is thus utilized in the management of edema.
- **Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE):** Reduced mobility following surgery creates hazardous conditions for the formation of blood clots in the deep veins; this clot can travel to the lungs and represent a serious complication, namely pulmonary embolism.
- **Cardiovascular Complications:** Being predisposed to vascular disease, these individuals have an increased risk of suffering a heart attack or stroke following amputation.
- **Pneumonia:** Pain and reduced mobility could cause shallow respirations, which increases the likelihood of lung infections like pneumonia.

Understanding the Complications of Amputation

B. Psychological Complications:

- **Grief and Loss:** Though amputation is a great loss, an individual tends to go through grieving for it, sadness, and even anger.
- **Depression and Anxiety:** Affecting emotion for an individual is the transition in lifestyle due to limb loss—an emotional upheaval that can lead to depression and anxiety.
- **Issues of Body Image:** Changes in physical appearance affect self-worth and body image.
- **Post-Traumatic Stress Disorder (PTSD):** Such amputations are usually done under very traumatic conditions and may give rise to PTSD.
- **Denial and Frustration:** In the beginning, there is usually a lot of difficulty accepting the amputation and what it does in terms of limitations.

Amputation Indications



Minimize Risks After Amputation and Recovery

The most significant of these elements include the following:

- **Immediate Postoperative Care:** Relief of pain, wound care, edema control using compression bandages or shrinker socks, and maintenance of joint mobility through gentle exercises.
- **Physical Therapy:** Exercises to strengthen muscles, improve balance, and improve coordination. Increase range of motion of the remaining limb and trunk. Train in transfers: getting to and from a bed, chair, etc. Mobility with assistive devices such as crutches or walkers.
- **Occupational Therapy:** Skill training or relearning daily living (activities of dressing, bathing, and eating) with all the adaptations needed, transferring to assistive devices for many daily activities.
- **Prosthetic Training:** After healing of the residual limb and saw reduction, a prosthetist will assess the individual and fit them with an applicable prosthesis. The component relates to the donning and doffing of the prosthesis, progressively increasing wearing time, and providing gait training for the prosthesis.
- **Psychological Support:** Assistance provided in counseling or support groups in adjusting to a new life involving limb loss.

Upcoming Activities

4
Apr

GVP / DISTRIBUTION

At Mysuru [Sargur]

Donor-LENNOX

Tentative

4
Apr

GVP / DISTRIBUTION

At Mysuru [Sargur]

Donor-Xylem Evoqua India Pvt Ltd

Tentative

8
Apr

WALK INDIA / DISTRIBUTION

At Puttur

Donor-Rotary Club - Puttur

Tentative

8
Apr

WALK INDIA / DISTRIBUTION

At Puttur

Donor-Rotary Club of Chennai

Mambalam

Tentative

TBD
Apr

WALK INDIA / DISTRIBUTION

At Cuddalore

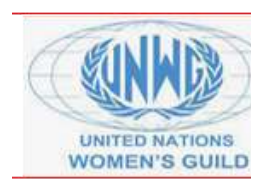
Donor-SANMAR

Tentative

Quote for the Month

“That quote, ‘the only disability in life is a bad attitude’, the reason that’s b..... is ... No amount of smiling at a flight of stairs has ever made it turn into a ramp. No amount of standing in the middle of a bookshelf and radiating a positive attitude is going to turn all those books into braille.”
– Stella Young, comedian, journalist and activist. TEDx, 2014.

Our CSR Partners





A team is
many hands & one mind.

Let's Work Together



<https://www.freedomtrustchennai.org>



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