



Arunima Sinha: First Female Amputee to Climb Mount Everest



Volume 4



Boniface Prabhu: Wheelchair Tennis Champion



Deepa Malik India's First Paralympic Medalist



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 **May 2026**.

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,

Despite a torrid summer, Freedom Trust's 2026-27 chapter has resumed with renewed energy. After a brief pause due to the Tamil Nadu elections and Model Code of Conduct, we successfully conducted camps in Kumbakonam, Pattambi in Kerala, and Pune in Maharashtra. CSR support from partners including Hapag Lloyd, Vara LLP, and BHEL has kept our operations active and impactful. The Annual Report for 2025-26 is now published - thank you for the trust and backing that made it possible. What's Next - June 2026



Dr Sunder

June is packed with large-scale camps planned in Madurai, Guntur, and Cuddapah. Our team, along with Dr. Balamurali and Dr. Padma, continue to lead assessments as usual. WALK INDIA camps are also being planned on a bigger scale this year. With heartfelt thanks to each of you for your continued support, we look forward to a year of greater reach and impact.

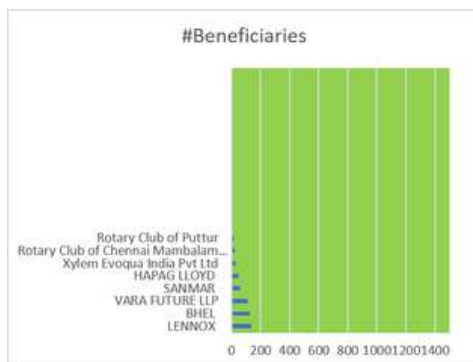
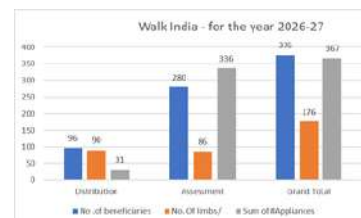
Warm regards,

Dr Sunder - Trustee Freedom Trust



Year To date Trends FY 2026 - 27

Particulars	Apr-26	May-26	Jun-26	Jul-26	Aug-26	Sep-26	Oct-26	Nov-26	Dec-26	Jan-27	Feb-27	Mar-27	Grand Total
GVP													
No .of beneficiaries	163	0											163
No. Of limbs /	61	0											61
#Appliances	230	0											230
Camp Type	2	0											2
Walk India													
No .of beneficiaries	39	337											376
No. Of limbs /	39	137											176
#Appliances		367											367
Camp Type	2	4											6
Total No .of beneficiaries	202	337											539
Total of No. Of limbs /	100	137											237
Total of #Appliances	230	367											597
Total of Camp	4	4											8



Donorwise Beneficiary Distribution Break Up for 2025 - 26	
CSR Partners	#Beneficiaries
LENNOX	135
BHEL	124
VARA FUTURE LLP	109
SANMAR	57
HAPAG LLOYD	47
Xylem Evoqua India Pvt Ltd	28
Rotary Club of Chennai Mambalam [RCCM]	21
Rotary Club of Puttur	18
Grand Total	539

Volume Break Up- Camp Type

GVP	Distribution	Assessment	Grand Total
No .of beneficiaries	163		163
No. Of limbs /	61		61
No Of Appliances	230		230
Count of Camp Type	2		2
Total of GVP	456	0	456
Walk India	Distribution	Assessment	Grand Total
No .of beneficiaries	96	280	376
No. Of limbs /	90	86	176
Sum of #Appliances	31	336	367
No of Camps	3	3	6
Total Of Walk India	220	705	925
GVP and Walk India	Distribution	Assessment	Grand Total
Total No .of beneficiaries	259	280	539
Total of No. Of limbs /	151	86	237
Total of #Appliances	261	336	597
Total of Camp	5	3	8

Activities of the Month

SANMAR Group/ Chemplast Sanmar Ltd, /Walk India /Distribution - Cuddalore

The first camp for the month was conducted in Cuddalore on 15 May 2026 at Community Hall, Gundu Salai Cuddalore. The CSR partners were with SANMAR Group, Chennai, and Chemplast Sanmar Ltd, Cuddalore. This camp was supported by our local partner Sigaram Foundation. This camp was organised for 57 beneficiaries receiving 51 Limbs and 31 mobility aids and appliances.



SANMAR Group was represented by Mr. Sampath Kumar – Vice President Operations and Plant Manager – Chemplast SANMAR Ltd, Cuddalore, Ms. Bhavani, CSR Head, SANMAR Chennai and Mr. Arul Selvan, Mr. Balakrishnan, Mr. Satish and Mr. Prabhu from Chemplast Plant, Cuddalore. Mr. Balasundaram, District Differently Abled Welfare Officer [DDAWO] – Cuddalore and Mr. Syed and Mr. Venpura Kumar, Founders of Sigaram Foundation also participated in the Camp. Mrs. Usha Bhardwaj Mr. Leo James and Mr. Jagadeesan were present from Freedom Trust.

About Sigaram foundation

The Sigaram foundation is a non-profit organization created to help the Tamil community. Sigaram foundation-helps in revitalizing the lives of orphans, war widows and differently abled Tamil community members in Sri Lanka and Tamil Nadu by providing job training and helping in agriculture and other small industry for self-sufficient sustained growth. Educating economically disadvantaged children in Sri Lanka and Tamil Nadu. The Founder, Potselvi (Selvi) Manivannan, has contributed to the society since 2002.

57

Beneficiaries

51

Limbs

31

Appliances

Hapag Lloyd Global Capability Centre /Walk India/Assessment - Pune



The second camp for the month was conducted on 24th May 2026.at Don Bosco Youth Centre in Koregaon Pune. This was a Walk India Assessment camp sponsored by Hapag Lloyd Global Capability Centre. Hapag is one of our biggest supporters for our camps and programs in Western India. Our local partner was Saksham Foundation.

Mr. Prasad Kadam, Team Leader and Sourabh Patil, attended the camp representing Hapag Lloyd.

The camp was attended by Mr. Hariharan, Trustee of Freedom Trust and assisted by Mr. Abhilash of Freedom Trust.

This camp benefited 47 beneficiaries with 43 limbs and 49 appliances.



47

Beneficiaries

43

Limbs

49

Appliances

VARA FUTURE LLP /Walk India /Assessment -Pattambi

Akkara Foundt

Vara Future LLP, Chennai, sponsored an Assessment camp organized under the "Gram Vikalang Punarjanmam" project in Pattambil, [Pallakad district] in Kerala on 30th May 2026 along with local partner Akkara Foundation.

This camp was organised for 109 beneficiaries receiving 21 Limbs and 144 mobility aids and appliances.

The Assessment was done by Dr. Padma and Dr. Shisha from Freedom Trust.

The camp was held in the presence of Mr. Mohammed Yasir, Chief Executive Officer (CEO) of Akkara Foundation. It was coordinated by Mr. Jagadeesan, Project Officer, and Mr. Leo James, Project Manager, from Freedom Trust. The camp also saw active participation from Chairperson Mr. T. P. Shaji, Ms. Asna Haneefa, Vice Chairperson of Pattambi Municipality, and other council members.



Pattambi is a town, tehsil, and municipality in the Palakkad District of Kerala, India. being the administrative headquarters of the Pattambi Taluk. Pattambi was originally a part of the Nedunganad Swaroopam dynasty, which was ruled by Nedungadis, who held sway over a large part of present-day Pattambi and Ottapalam tehsils. By the end of the 15th century CE, Nedunganad came under the leadership of the Zamorin of Calicut, who was also the main ruler of the South Malabar region. The Zamorin appointed his local chieftain at Kavalappara Kovilakam to rule this area. It was a part of the Walluvanad taluk in the Malappuram Revenue Division of the Malabar District during the British Raj, and later became part of the Ottapalam taluk.

The Pattambi region has historical associations with Kerala's traditional Ayurveda heritage, including nearby Ashtavaidya families such as the Pulamanthole Mooss lineage associated with Pulamanthole.



Hapag Lloyd Global Capability Centre /Walk India/Assessment - Pune

An Assessment Camp was conducted under the “Gram Vikalang Punarjanmam” program for Bharat Heavy Electricals Limited [BHEL] with the local partner Maha Rehab Centre Kumbakonam, Tamil Nadu in the same venue on 31st May 2026. The camp started at 9:00 am and continued till 2:00 pm.

The camp was held at Kumbakonam and 124 beneficiaries participated in the camp. The camp was attended by Mr. Usha Bharadwaj, Board Member of Freedom Trust and assisted by Mr. Abhilash and Mr. Jagan, Project Officers of Freedom Trust. In all a total of 22 limbs requirements were assessed and appliances needed were 143.



124

Beneficiaries

22

Limbs

143

Appliances

An Insight into the Disability in Tamilnadu

Tamil Nadu has long been recognized as a frontrunner in India for its structured governance, progressive policies, and comprehensive social security nets for persons with disabilities—officially referred to in the state as "Differently Abled Persons" (மாற்றுத்திறனாளிகள்).

Landscape and Statistics

According to census data and state demographic studies, around 1.6% to 2.1% of Tamil Nadu's population lives with a disability, translating to roughly 1.17 to 1.6 million individuals.

- **Unique Gender Demographics:** Tamil Nadu stands out as one of the few states in India with a higher documented number of women with disabilities than men in specific regional pockets, though statewide census averages show a slight male predominance in total numbers.
- **Prevalence Types:** Locomotor (movement) disabilities constitute the highest share (~24%), followed closely by hearing impairments (~19%) and visual impairments (~11%).
- **Rural vs. Urban:** The prevalence rate is slightly higher in rural areas compared to urban centers, often linked to accessibility of early healthcare intervention.

Institutional Framework

The state does not process disability welfare under a general social department. Instead, it operates a dedicated ministry and commissionerate:

- **The Department for the Welfare of Differently Abled Persons (WDAP):** Established as a separate directorate in 1993, this standalone body exclusively designs, funds, and executes welfare policies.
- **The Rights of Persons with Disabilities (RPWD) Act, 2016:** Tamil Nadu actively implements this central act, recognizing 21 distinct categories of disabilities (expanding from the original 7), ranging from physical disabilities and intellectual challenges to chronic neurological conditions like Multiple Sclerosis and Parkinson's disease.
- **National Centers:** Chennai hosts the NIEPMD (National Institute for Empowerment of Persons with Multiple Disabilities) at Muttukadu, acting as a premier national hub for training, documentation, and rehabilitation.

An Insight into the Disability in Tamilnadu

Key State Welfare Schemes & Benefits

A person with a certified disability of 40% or above is eligible for a National Disability Identity Card and the Central Government's UDID (Unique ID for Persons with Disabilities) card, which unlocks several core state-sponsored benefits:

1. Financial Support & Maintenance Grants

- **Maintenance Allowance:** A monthly grant of ₹1,500 to ₹2,000 is provided directly to individuals with intellectual disabilities, muscular dystrophy, leprosy-cured individuals, and those with severe locomotor disabilities who are not receiving other revenue department pensions.
- **Unemployment Allowance:** Unemployed youths with disabilities who are registered with the employment exchange receive a dedicated monthly stipend based on their educational qualifications.

2. Education & Employment Reservations

- **Education:** Horizontal reservations exist in state-run educational institutions alongside special scholarships distributed from the 9th standard through post-graduation and polytechnic courses.
- **Employment:** Tamil Nadu provides a 4% reservation in state government jobs and public sector undertakings for differently-abled individuals.

3. Economic Independence & Self-Employment

- **Subsidy Loans:** The state partners with nationalized and cooperative banks to provide self-employment loans up to ₹75,000 with an integrated one-third (up to ₹25,000) government subsidy.
- **Micro-Enterprises:** Under schemes like UYEGP and PMEGP, rural individuals can access up to a 35% subsidy for establishing small businesses, shops, or mobile vending carts.

4. Assistive Tech & Mobility

- The government systematically distributes free assistive devices, including artificial limbs, hearing aids, retrofitted petrol scooters, and advanced smart canes.
- High-tech mobility collaborations (such as distributing localized NeoMotion motorized wheelchairs) frequently occur through public-private partnerships and state-backed NGOs.

Upcoming Activities

07
Jun

WALK INDIA / ASSESSMENT

At Madurai

Donor-Hapag Llyod
Fixed

20
Jun

WALK INDIA / ASSESSMENT

At Guntur

Donor-VARA LLP
Fixed

26
Jun

WALK INDIA / ASSESSMENT

At Nagapattinam

Donor-VARA FUTURE LLP
Fixed

CSR Partner Feedback

The distribution camp at Cuddalore has been a remarkable success. As part of our CSR activity, we are happy to know that through this camp providing limbs for the differently abled, we are 'reaching the unreached'. We appreciate the efforts of Freedom Trust and would like to carry on the efforts in the future to reach a greater number of people.



Ms Bhavani

Ms. Bhavani
CSR & Employee Engagement Leader, The SANMAR Group



"I can't change the direction of the wind, but I can adjust my sails to always reach my destination." — Jimmy Dean

Our CSR Partners





A team is
many hands & one mind.

Let's Work Together



<https://www.freedomtrustchennai.org>



Flat 9, Block D1, Anand Apts, 50,
Lattice Bridge Road,
Thiruvananthapuram,
Chennai - 600041, INDIA



+91 9884017316