



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

Welcome to the **August 2026** edition of 'STEPS AHEAD'!

Thank you to everyone who read and supported last month's edition. This newsletter thrives on our collective voice, and we look forward to your continued participation and content contributions.

Do you have feedback, suggestions, or ideas for a new section that could benefit everyone? We want to hear from you. Please write to us at prasad@freedomtrustchennai.org.

Happy Reading!

Voice of the Trustee

Dear Friends,

I am happy to report that in the month of August, our both field officers were focussing on assessment camps, building up the assessed beneficiary numbers up to 800+ across Kerala, TN, Pondicherry & Andhra. These huge numbers will come for distribution in the upcoming months, post production of limbs and appliances. Our team will continue to focus on the deserving beneficiaries during the assessment across villages & towns. Also ensuring that we complete conducting the trial fitment cum distribution camp in the same venue as assessment within month. We are grateful to our donors, who not only understands this process & lead time involved for production but also give us the flexibility in beneficiary numbers while allocating a budget for the camp(s)



Sankaran.A

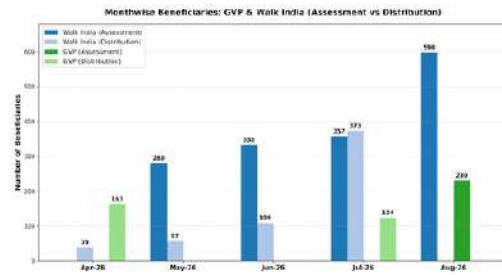
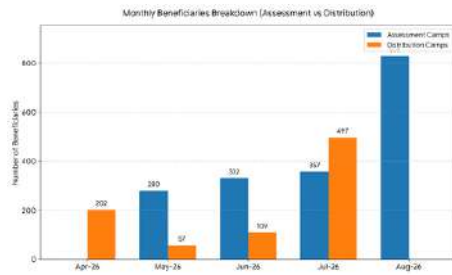
Warm regards,

A Sankaran - Trustee Freedom Trust



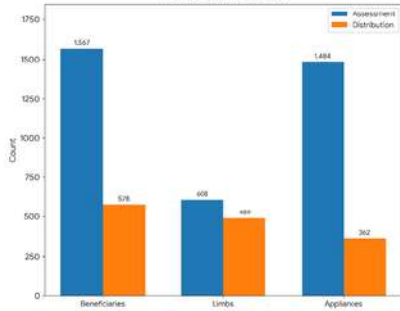
Year To date Trends FY 2026 - 27

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
Assessment													
No. of beneficiaries		280	332	357	828								1797
No. Of limbs /		86	337	13	244								680
#Appliances		336	157	354	896								1743
Camp Type		3	2	2	3								10
Distribution													
No. of beneficiaries	202	57	109	497									865
No. Of limbs /	100	51	22	399									572
#Appliances	230	31	144	341									746
Camp Type	4	1	1	6									12
Total No. of beneficiaries	202	337	441	854	828								2662
Total of No. Of limbs /	100	137	359	412	244								1252
Total of #Appliances	230	367	301	695	896								2489
Total of Camp	4	4	3	8	3								22

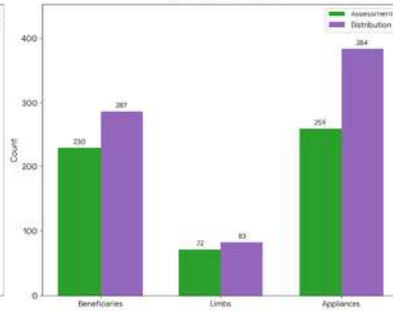


PROJECT OUTPUT COMPARISON: ASSESSMENT VS DISTRIBUTION DATA

Walk India Project Breakdown



GVP Project Breakdown



Statewise Beneficiaries Breakdown (Assessment vs Distribution)

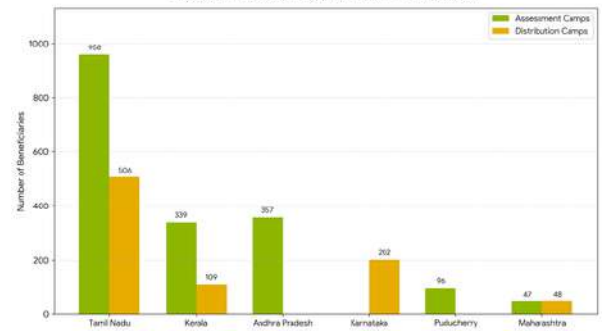
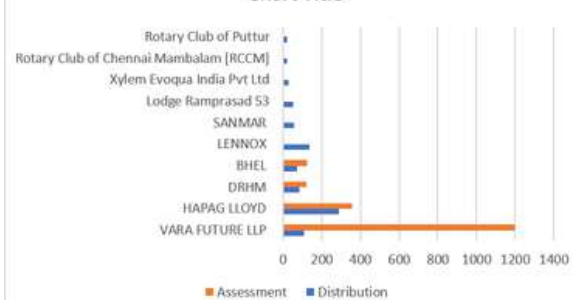
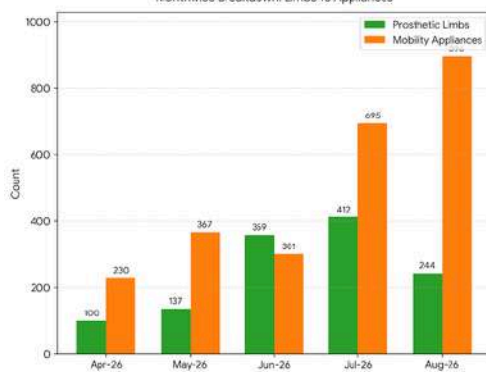


Chart Title

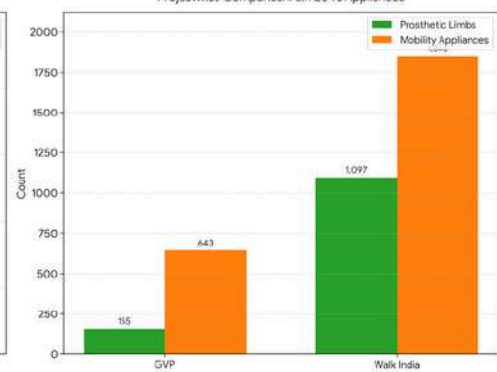


CSR Partner	Distribution	Assessment	Grand Total
VARA FUTURE LLP	109	1198	1307
HAPAG LLOYD	288	355	643
DRHM	85	120	205
BHEL	71	124	195
LENNOX	135	0	135
SANMAR	57	0	57
Lodge Ramprasad 53	53	0	53
Xylem Evoqua India Pvt Ltd	28	0	28
Rotary Club of Chennai Mambalam [RCCM]	21	0	21
Rotary Club of Puttur	18	0	18
Grand Total	865	1797	2662

Monthwise Breakdown: Limbs vs Appliances



Projectwise Comparison: Limbs vs Appliances



Activities of the Month

VARA FUTURE LLP /GVP /Assessment - Kannur



The Assessment Camp was conducted on **2nd August 2026** at RIMS Montessori School, Kannur, Kerala, with the support of DACE Academy under the Gram Vikalang Punarjanmam project. Since the camp was a large one, three doctors assisted in the assessment (Dr. Sunder, Dr. Padma Rani and Dr. Shisha.)



The programme included a Presidential Address by Advocate Ms. P Indra, Mayor, Kannur Municipal Corporation, special address by Ashraf Thayyil, Head, DACE Academy followed by felicitation by Mr. Muhammad Yasir, CEO, Akkara Foundation and Dr. S. Sunder, Founder Trustee of Freedom Trust.



The local partner for the camp was Akkara Foundation. The camp had the presence of Dr. Sunder, Mr. Jagan from Freedom Trust, Local partner - Akkara Foundation - Mr. Mohammed Yaseer, CEO, Mayor, Mrs. Indra, KMC, Mr. Ashraf Thayil, Head - DACE Academy .

This camp benefited 230 beneficiaries with 72 limbs and 259 appliances.



230

Beneficiaries

72

Limbs

259

Appliances

DRHM - Hexaware /Walk India/Assessment - Puducherry

This camp was conducted on 12th August 2026 at Zwilling Foundation Institute premises at Edayanchavadi, Puducherry, under the Walk India initiative.

The assessment camp began at 8:00 a.m. with measurements and assessments of beneficiaries and continued until 11:30 a.m. It was coordinated by Mr. Jagadeesan from Freedom Trust and Ms. R. Divya, Institute Manager at Zwilling Foundation India. As the local partner, Zwilling Foundation effectively supported the camp by mobilizing beneficiaries, identifying the venue, and arranging food, water, and other facilities.

Members present were Mr. Jagan, Leo James, Jagan. Local partner - Zwilling Foundation - Ms. Divya R - Manager

The camp benefited 96 beneficiaries with 97 limbs and 33 appliances.



96

Beneficiaries

97

Limbs

33

Appliances



The Assessment Camp was conducted on **22nd and 23rd August 2026** at CSI Hr. Secondary School for the Deaf, #12, Santhome High Road, Basha Garden, Mylapore, Chennai - 600004, with the support of District Differently Abled Welfare Officer [DDAWO]

The assessment was done by a team of experienced Physiatrists and Rehabilitation Medicine Specialists led by Dr. Sunder, Founder Member Trustee of Freedom Trust, Other Medical Officers who conducted the assessment included Dr. Padma Rani, Dr. Balamurali, Dr. Premalatha and Dr. Annamalai.

This camp benefited 502 beneficiaries with 75 limbs and 604 appliances.



502

Beneficiaries

75

Limbs

604

Appliances

Top 6 Ways to Support a Family Member or Friend with a Disability

1. Stay Informed

Take time to learn about the condition(s) your friend or family member might have. If you're a friend or coworker, a great resource would be family caregivers. They typically have great knowledge about how their loved one functions day-to-day, as well as any related disorders they might have (such as a mental health problem).

2. Be Respectful

The wise advice of, 'treat others the way you would like to be treated,' is the perfect way to establish rapport. People with disabilities don't want to be spoken to in a condescending manner, nor to be stared at. It's always extremely important to respect their autonomy and ability to make decisions for themselves.

For the most part, individuals with disabilities view their mobility aids, such as wheelchairs, as extensions of themselves. Additionally, you might not know how to handle their equipment. Therefore, don't touch a mobility aid or other adaptive equipment without asking first.

3. Avoid Making Assumptions

In our desire to provide the best possible support, we sometimes forget that our loved ones are people first, with the right to make independent decisions regarding minor as well as major support. This includes issues like what someone would like for dinner—maybe they hate vegetables, just like you. Individuals with disabilities also have the right to make their own health care decisions.

4. Take Care of Yourself

Caregiving responsibilities, although very rewarding, can also be extremely tiring. Particularly if you're a close friend, or primary caregiver, it's easy to get overly fatigued and overwhelmed. This can be detrimental to your mental and physical health, as well as those you are supporting. Research has found that unpaid caregivers report subjective cognitive decline (SCD), which is described as increased memory loss and confusion.

Both unpaid and paid caregivers to make positive lifestyle choices, including:

- Being physically active
- Getting enough sleep
- Eating healthy meals

5. Be Empowering

It's extremely helpful to celebrate appropriate achievements [10] and milestones, as long as you're sincere, and the success is well-founded. Focus more on what the person can do, rather than their limitations. Be quick to offer emotional support and reasonable solutions when your friend is experiencing disappointments or makes mistakes.

6. Reach Out for Help

No matter how competent someone is, it's always okay to reach out for help. Letting others know that you need assistance, or some kind of supportive services is actually a strength.

Upcoming Activities

6
Sep

GVP / ASSESSMENT

At Kovilpatti

Donor-VARA FUTURE LLP

Fixed

9
Sep

WALK INDIA / DISTRIBUTION

At Kadapa

Donor-VARA FUTURE LLP

Tentative

10
Sep

WALK INDIA / DISTRIBUTION

At Madanapalle

Donor-VARA FUTURE LLP

Fixed

22
Sep

GVP / DISTRIBUTION

At Kannur

Donor-VARA FUTURE LLP

Fixed

26
Sep

WALK INDIA / DISTRIBUTION

At Puducherry

Donor-DHRM

Fixed



"I have a disability, yes, that's true, but all that really means is I may have to take a slightly different path than you." — Robert M. Hensel

Our CSR Partners



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A team is
many hands & one mind.

Let's Work Together



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