



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 **July 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,

As our nation celebrated its 80th Independence Day on August 15, we proudly remembered the heroes who fought to unfurl the flag of a sovereign India. Yet, as a person who has traveled the width and breadth of India, I realise Freedom from the British is one aspect and Freedom from the shackles of disability is a totally different aspect. For millions of physically challenged individuals across our country, especially in rural communities, the ultimate battle for independence is fought daily against the confinement of immobility.

True national progress remains incomplete until every citizen can walk, move, and live with dignity. When a person receives a custom-fit mobility aid it is not just a medical intervention; it is their personal Independence Day. It gives an amputee the freedom to stand on their own legs, an adult the opportunity to earn a living, and a child the liberty to play and learn without barriers.

This August, I urge you to join hands with us to build a more inclusive society where physical challenges no longer dictate human potential, ensuring that freedom becomes a reality for everyone.

Warm regards,

Dr Sunder - Founder, Freedom Trust

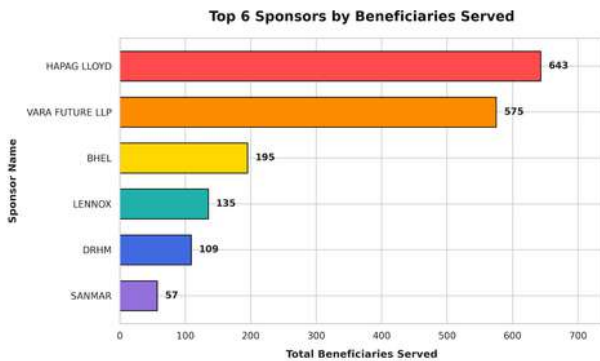
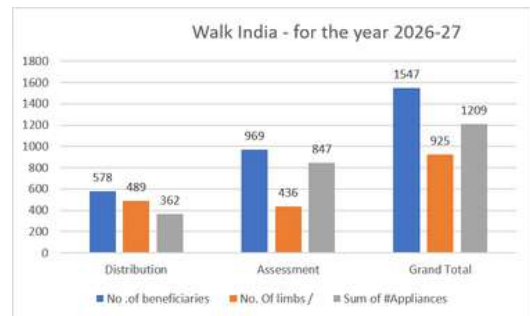
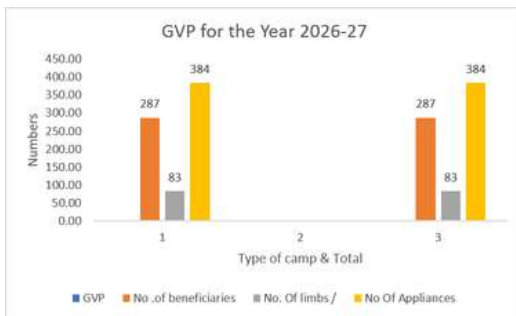


Dr Sunder

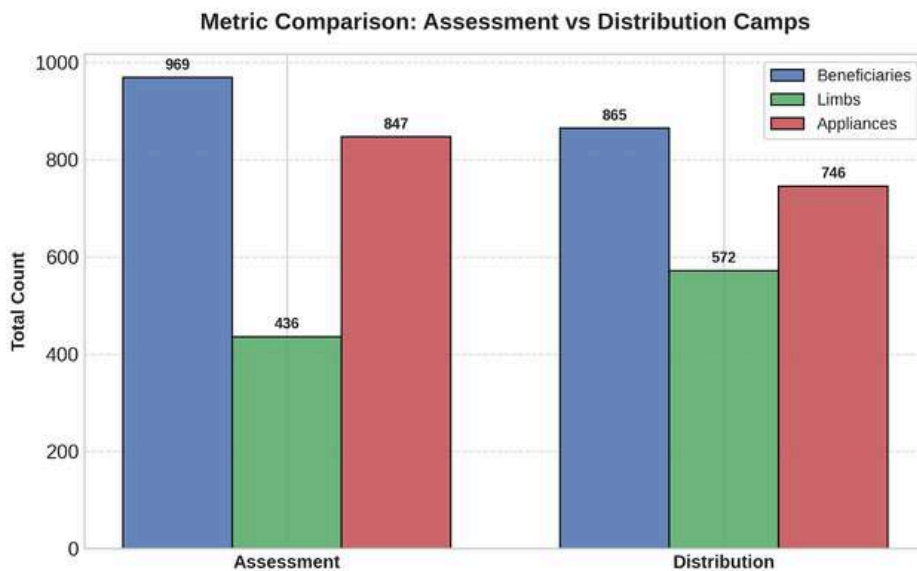


Year To date Trends FY 2026 - 27

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	0	124									287
No. Of limbs /	61	0	0	22									83
#Appliances	230	0	0	154									384
Camp Type	2	0	0	2									4
Walk India													
No. of beneficiaries	39	337	441	730									1547
No. Of limbs /	39	137	359	390									925
#Appliances		367	301	541									1209
Camp Type	2	4	3	6									15
Total													
Total No. of beneficiaries	202	337	441	854									1834
Total of No. Of limbs /	100	137	359	412									1008
Total of #Appliances	230	367	301	695									1593
Total of Camp	4	4	3	8									19



Donorwise Beneficiary Distribution Break Up for 2025 - 26	
CSR Partners	#Beneficiaries
HAPAG LLOYD	643
VARA FUTURE LLP	357
VARA FUTURE LLP	218
BHEL	195
LENNOX	135
DRHM	109
SANMAR	57
Lodge Ramprasad 53	53
Xylem Evoqua India Pvt Ltd	28
Rotary Club of Chennai Mambalam [RCCM]	21



Activities of the Month

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



The first camp for the month was a distribution camp held on **July 18th, 2026**, at Don Bosco Youth Centre, Pune, Maharashtra (Local partner Saksham NGO). The camp aimed to assist individuals who had undergone lower limb amputations due to various reasons such as diabetes, infections, cancer, and accidents. Measurements for new artificial limbs were taken on 24th May 2026, by Freedom Trust's prosthetic's team. Beneficiaries were from Panshet, Swargate, Shivajinagar, Bibwewadi, Kondhwa, Yewalewadi, Mahabaleshwar, Sholapur, Latur, and the surrounding areas of Pune.



The camp was presided over by Mr Nitin Singh- Director, Mr Krishna Kumar- Senior Manager, Mrs Aloysia - Coordinator-HR, Mr Rushikesh - Coordinator-Admin, Mr Abeed Shaikh- Coordinator, Mrs Pranali Naik - Coordinator - Admin, Mr Abhijeet Gupta, Mr Vinayak Shinde, Mrs Deepali Dubey & Geetanjali Singh - Manager - Training & CSR from Hapag-Lloyd. Mrs Usha Bhardwaj representing Freedom Trust, and Mr. Sushil Patore from Saksham foundation.



This camp benefited 48 beneficiaries with 43 limbs and 42 appliances.

48

Beneficiaries

43

Limbs

42

Appliances

DRHM - Hexaware /Walk India/Distribution - Chennai and Madurai

As part of the DHRM - Hexaware project two camps were conducted in the month on July 2026 . (One in Chennai on **18 July 26** at RK Convention Centre, Neelankarai, Chennai. and the other at Thirumalai Mannar Naicker College in Pasumalai, Madurai on **25 July 26**)

In the Chennai camp the dignitaries present were from DRHM and other sponsors such as Reebok, Astra Zeneca. The program started with the handing over of cheques to the recipient organizations such as Freedom Trust and others . Dr. Sunder, Founder Managing Trustee, was present at the occasion along with team members – Mr. Leo James, Mr. Jagadeesanand Mr. Abhilash,

The Chennai camp benefited 26 beneficiaries with 30 limbs and nil appliances.

26

30

Beneficiaries Limbs

Appliances



The Madurai camp was added to fill the gap in beneficiaries and it was a mega camp which ended well with all the distribution done by Mr Sankaran Representing DHRM



59

57

24

Beneficiaries Limbs

Appliances

Hapag Lloyd Global Capability Centre /Walk India/Distribution - Madurai

Akkara Foundt



This camp on July 25th, 2026, at Mannar Thirumalai Naicker College in Pasumalai, Madurai for the Hapag team was the largest for the month. It was like a mega festival courtesy the entire Hapag team who were there to support the camp with their gifts and freebies to all the participants .The humid conditions did not deter the beneficiaries and all of them appreciated the camp .

This camp benefited 240 beneficiaries with 247 limbs and 121 appliances.

The camp was presided over by Hapag Lloyd Managing Director Mr. Vinothkumar Manikandan, Mr. Maharajan Vijaykumar, Mr. Gopinath Vijaykumar, Mr. Arun Mohan, and Mr. Chetana Ashok Bhat - Directors, HL, Mr. Dinesh Kumar, Sr. Manager, Ms. Geetanjali Singh - Manager - Training & CSR, Mr. Perumal Murugan, TL - Customer Service, Ms. RK Suseela, Sr. Coordinator - MIS, Mr. Sarbeen Kumar, Coordinator, CS, Ms. Bargavi, Manager, SD, Mr. Suriya, Ms. Sweta Rani and Mr. Vivek, Team Leaders, CS, Ms. Divya and Mr. Kalyanasundaram, Sr. Coordinators, CS, Mr. Guru Prasad, Manager - HR, Mr. Raja Sekar, Asst. Manager - HR, Mr. Manoj Suresh, AM - Communications, Mr. Dhanasekar, Sr. Process Trainer, Mr. Vivek and Mr. Raghavan, managers - Admin from Hapag-Lloyd Global Capability Centre.



240

Beneficiaries

247

Limbs

121

Appliances

Hapag Lloyd Global Capability Centre /Walk India/Distribution - Madurai

Akkara Foundt

It was overwhelming to witness the joy and happiness on the beneficiaries' faces as they received the new prosthetic limbs, which will assist them. The team from Hapag-Lloyd personally handed over the limbs to each beneficiary along with the goody bag that they brought for beneficiaries. Lunch, water and refreshments were arranged for all the beneficiaries, attendees, volunteers, and guests.



Post the marathon Madurai camp the tireless Freedom trust team travelled the very next day to Kumbakonam. The camp was on 26 July 2026 at the Maha Rehab Centre, Kumbakonam. The CSR partner for the same was our long-term partner BHEL Trichy.

The camp was attended by BHEL team members Mr. Ashokan, Executive Director, Mr. Shaji, Mr. Dilipan, Mr. Anand, Ms. Bragadeeshwari, and Mr. Melvin. Representing Freedom Trust, Dr. Sunder, Founder Managing Trustee, attended along with Mrs. Usha Bharadhwaj, Mr. Prasad, and Mr. Jagadeesan. Mr. Saravanan Maha Rehab Centre was the local partner who was the support for this camp who helped us to mobilize the beneficiaries, identify the venue and made all local arrangements such as food, water and other facilities was engaged effectively in coordinating and conducting the camp. Mr Saravanan was also an exceptionally good host who took care of all the guests and the FT team well

This camp benefited 71 beneficiaries with 10 limbs and 81 appliances.



Lodge Ramprasad /GVP/Distribution - Kumbakonam

Two camps were organised on the same day on **26 July 2026** at the Maha Rehab Centre, Kumbakonam . After the BHEL camp we had the camp for our CSR partner Lodge Ramprasad

The distribution camp was graced by Worshipful Master Anand, Brethren Swaminathan, Ramasubramaniam, Arjun, BSM Pillai, Vamsi, Ganesan and Suresh. On behalf of Freedom Trust, Dr. Sunder, Founder Managing Trustee, was present at the occasion with other team members - Mrs. Usha Bharadhwaj, Mr. Prasad, and Mr. Jagadeesan

This camp benefited 53 beneficiaries with 12 limbs and 73 appliances.



53

Beneficiaries

12

Limbs

73

Appliances

VARA FUTURE LLP /Walk India/Assessment - Madanapalle & Cuddappah

Two camps were conducted simultaneously on two days as part of the CSR project of VARA Future LLP, one at Madanapalle on 28 July 2026 and the other on 29 July 26 at Cuddapah. Both the camps were supported by Mr. Kishor, Deputy Director, Andhra Pradesh Differently Abled & Senior Citizens Assistance Corporation (APDASCAC) as a local partner. On behalf of Freedom Trust, Mr. Jagadeesan coordinated and conducted the camp smoothly.

The Madanapalle camp benefited 108 beneficiaries with 8 limbs and 105 appliances.

26

Beneficiaries

30

Limbs

105

Appliances



The Cuddapah camp also was a large camp and was well attended and appreciated by the beneficiaries .Photos of the camp are as below



249

Beneficiaries

5

Limbs

249

Appliances

Upcoming Activities

2
Aug

GVP / ASSESSMENT

At Kannur

Donor-VARA FUTURE LLP
Fixed

12
Aug

WALK INDIA / ASSESSMENT

At Puducherry

Donor-DHRM
Tentative

22
Aug

WALK INDIA / ASSESSMENT

At Chennai

Donor-VARA FUTURE LLP
Fixed

30
Aug

GVP / DISTRIBUTION

At Kannur

Donor-VARA FUTURE LLP
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





A team is
many hands & one mind.

Let's Work Together



<https://www.freedomtrustchennai.org>



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