



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 **June 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 Board Member

Dear Friends,

The vision of Freedom Trust is to empower the physically challenged with mobility, add dignity to their lives, give them access to rehab care so that they become self reliant and to create the much needed awareness about their disability and ways and means to tackle them. Every camp has been a learning experience. We have brought smiles to the faces of several amputees who after decades of amputation stands on their own feet after fitment of a new limb. The condition of their prostheses looks much better even to this day . So is there confidence level to face life.



Mrs - Usha Bharadwaj

Warm regards,

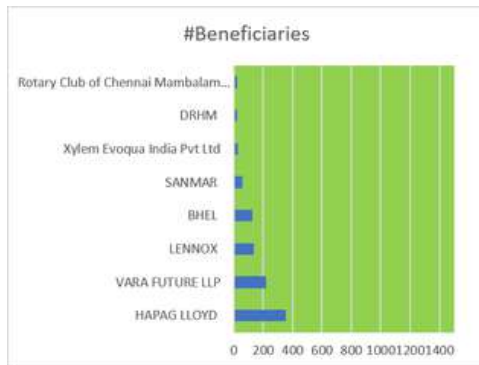
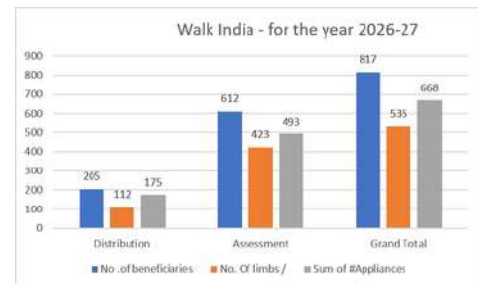
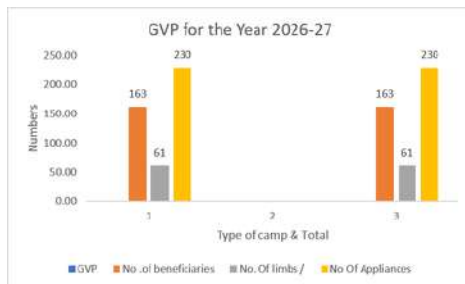
Mrs - Usha Bharadwaj- Freedom Trust

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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										163
No. Of limbs /	61	0	0										61
#Appliances	230	0	0										230
Camp Type	2	0	0										2
Walk India													
No. of beneficiaries	39	337	441										817
No. Of limbs /	39	137	359										535
#Appliances		367	301										668
Camp Type	2	4	3										9
Total No. of beneficiaries	202	337	441										980
Total of No. Of limbs /	100	137	359										596
Total of #Appliances	230	367	301										898
Total of Camp	4	4	3										11



Donorwise Beneficiary Distribution Break Up for 2025 - 26	
CSR Partners	#Beneficiaries
HAPAG LLOYD	355
VARA FUTURE LLP	218
LENNOX	135
BHEL	124
SANMAR	57
Xylem Evoqua India Pvt Ltd	28
DRHM	24
Rotary Club of Chennai Mambalam [RCCM]	21
Rotary Club of Puttur	18
Total	980

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	205	612	817
No. Of limbs /	112	423	535
Sum of #Appliances	175	493	668
No of Camps	4	5	9
Total Of Walk India	496	1533	2029
GVP and Walk India	Distribution	Assessment	Grand Total
Total No. of beneficiaries	368	612	980
Total of No. Of limbs /	173	423	596
Total of #Appliances	405	493	898
Total of Camp	6	5	11

Activities of the Month

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



The first camp for the month was in collaboration with Hapag Lloyd Global Capability Centre. This assessment happened in two phases one on the 7 June 2026 and the second phase on 21 June 2026. These camps were under the "Walk India" project conducted in Madurai, in Tamil Nadu

The Assessment camp was conducted at Mannar Thirumalai Naicker College from 9:00 am to 2:00 pm. The camp was organised for 158 beneficiaries to receive 155 Limbs and 90 mobility aids and appliances. Mr. Pavalan represented Hapag Lloyd Global Capability Centre – Team HLGCC. The camp was conducted in the presence of Mr. Abhilash and Mr. Jagadeesan, Project Officers from Freedom Trust. The local partner Mr. Murugan helped in mobilization of beneficiaries.



The second phase of the assessment camp was held at Sethupathy Higher Secondary School, Madurai, on 21 June 2026. The camp covered 150 beneficiaries and provided 152 limbs and 67 aids and appliances. It was conducted in the presence of Mrs. Usha Bharadwaj, Board Member of Freedom Trust, with assistance from Mr. Abhilash and Mr. Jagadeesan, Project Officers from Freedom Trust.



308

Beneficiaries Limbs

307

157

Appliances

Vara Future LLP/Walk India/Distribution - Pattambi

Freedom Trust, along with Vara Future LLP, Chennai, conducted a Distribution camp organized under the "Gram Vikalang Punarjanmam" project in Pattambi, [Pallakad district] in Kerala on 20th June 2026 along with local partner Akkara Foundation.

The Distribution camp was conducted at Chitra Community Hall, Pattambi in the presence of Mr. Mohammed Yasir Chief Executive Officer [CEO] of Akkara Foundation. At the distribution Camp function, the welcome speech was given by Mr. Mushtaq and Presidential address delivered by Mr. Shahul Hameed. The special guests in the distribution camp were Mr. Narayana Swami and Mr. KK Rasheed Thangal. The camp was coordinated by Mr. Leo James, Project Manager and Mr. Jagadeeswaran, Project Officer from Freedom Trust.

This camp benefited 109 beneficiaries with 22 limbs and 144 appliances.



Pattambi is a major historical and cultural town located in Kerala's Palakkad district, resting on the banks of the Bharathapuzha (Nila) river. Renowned for its Sanskrit heritage, lush backwaters, and annual Nercha festival, it serves as a central hub connecting the Palakkad, Malappuram, and Thrissur districts.

Pattambi is widely known for the Pattambi Nercha, a grand secular festival held in memory of a local Muslim saint, featuring 70 to 80 caparisoned elephants and traditional Panchavadyam performances.

The region is deeply tied to Kerala's history and Ayurveda. The 18th-century Pattambi Fort and the heritage ancestral home Varikkassery Mana (famous for being featured in iconic Malayalam films) are popular to explore

109

Beneficiaries

22

Limbs

144

Appliances

Dream Runners Hexaware MArathon- DRHM /Walk India /Assessment - Chennai

Freedom Trust conducted an assessment camp under the "Walk India" program for the Dream Runners Hexaware Marathon (DRHM) at the Sun Orthotics unit in Porur, Chennai, Tamil Nadu, on 24 June 2026. The camp began at 9:00 a.m. and continued until 2:00 p.m.

The camp was held at Chennai and 24 beneficiaries participated in the camp. The camp was attended by Mrs. Usha Bharadwaj, Board Member of Freedom Trust and assisted by Mr. Abhilash and Mr. Jagan, Project Officers of Freedom Trust.

.This camp benefited 24 beneficiaries with 30 limbs and zero appliances.



24

Beneficiaries

30

Limbs

0

Appliances

Access Health Care /Walk India/Assessment - Chennai

Access Health Care a Medical Business processing unit under the VARA group had invited the Freedom Trust members to meet their overseas Client and partner who had come down to Chennai on a Business visit. From Freedom Trust we had Mrs Usha Bharadwaj , Mr Jayavelu Sun Orthotics and team , Mr Jagan , Mr Prasad etc . Mrs Usha Bharadwaj introduced the Freedom trust team and also highlighted the work done by the trust to the foreign delegates . The delegates were impressed with the work done so far by the trust and promised to support us in future .

They also interacted with the beneficiaries and distributed the appliances to them .



Who Decides How Much Freedom Is Enough?

Who Decides How Much Freedom Is Enough? For persons with disabilities, mobility is much more than physical movement. It is connected to livelihood, education, dignity, privacy, public participation, family life, and independence. A prosthetic limb, wheelchair, calliper, or assistive device does not simply support the body; it can alter a person's relationship with the world around them.

The work of Freedom Trust shows that disability cannot be understood only through impairment. A person may lose mobility because of an amputation, illness, or physical condition, but their exclusion is often created by inaccessible systems. A staircase without a ramp, a narrow doorway, an unusable toilet, an inaccessible bus, or an emergency exit that assumes everyone can run are not minor design gaps. They are social decisions. They determine who can study, work, travel, gather, escape, and live with dignity.

This raises an important question: who decides how much compromise is acceptable in a disabled person's life?

In many cases, disabled persons are expected to adjust endlessly. They must adjust to buildings that do not accommodate them, transport systems that do not include them, government processes that are difficult to navigate, and social attitudes that underestimate them. What is treated as a small inconvenience by others may become a complete barrier to livelihood or independence for them. Inaccessibility does not merely slow people down; it can remove them from public life.

Assistive devices therefore cannot be seen as isolated objects. They are part of a larger ecosystem of rehabilitation. A customised prosthetic limb is meaningful because it responds to the person's body, pain points, occupation, age, balance, environment, and daily routine. The same device cannot serve every person equally because every body and every life context is different. Customisation is not a luxury; it is the difference between symbolic aid and usable support.

The issue is also shaped by gender, age, income, education, geography, and family support. Women, children, elderly persons, and those from rural or economically weaker backgrounds often face layered barriers. Therefore rehabilitation is not only medical or technical; it is social, logistical, informational, and deeply human. .

Who Decides How Much Freedom Is Enough?

A lack of awareness can delay intervention. A lack of family support can increase dependence. Poor infrastructure can reduce confidence. Bureaucratic difficulty can prevent people from accessing schemes meant for them. Disability is never experienced in isolation from society.

The larger lesson is that care should not have to replace accessibility. Families may carry, support, and protect disabled members, but love cannot be the only infrastructure available to them. True inclusion requires accessible homes, schools, workplaces, transport systems, public buildings, emergency planning, government services, and social attitudes.

Freedom is negotiated through small details: the height of a bed, the width of a doorway, the weight of a limb, the slope of a ramp, the clarity of a form, or the attitude of an official. These details decide whether mobility is treated as a right or a favour.

The question remains: who decides how much compromise is enough? The answer determines whether dignity enters the process from the beginning, or whether disabled persons are expected to accept reduced freedom as normal.

Upcoming Activities

18
Jul

WALK INDIA / DISTRIBUTION

At Pune

Donor-Hapag Lloyd
Tentative

18
Jul

WALK INDIA / DISTRIBUTION

At Chennai

Donor-DHRM
Fixed

25
Jul

WALK INDIA / DISTRIBUTION

At Madurai

Donor-Hapag Lloyd & DHRM
Fixed

26
Jul

GVP / DISTRIBUTION

At Kumbakkonam

Donor-BHEL
Fixed

26
Jul

GVP / DISTRIBUTION

At Kumbakkonam

Donor-Lodge Ramprasad
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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