



Arunima Sinha: First Female Amputee to Climb Mount Everest



Ms Sudha Chandran Dancer



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

Editors Desk



P S Prasad

I hereby release the Monthly newsletter for the month of **December 2025- 'STEPS AHEAD'**,

Wishing all our donors , well wishers , partners , vendors , volunteers a very Happy and a Prosperous New Year 2026

.We will to connect with you for various projects that the trust has planned for this year .For this new year we bring out a new cover page with photos of all achievers who have challenged themselves despite being differently abled .

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 .

Few photos from our Pongal Celebrations at FT office



Voice of the Managing Trustee

Dear Friends,

Happy New Year to the Friends of Freedom Trust!

As we enter 2026, we celebrate your unwavering commitment to empowering lives. Let us continue our mission through our upcoming camps, sponsored by Sanmar, DHL, various Rotary Clubs, and CavinKare.

We also **cordially invite you** to **DARSHAN**, a special program showcasing the extraordinary talents of our differently abled children at Dakshinamoorthy auditorium on the **27th February 2026 at 5.30 pm**, followed by dinner. Join us in witnessing their incredible spirit and achievements. Together, let's make this year a landmark of inclusion and joy!

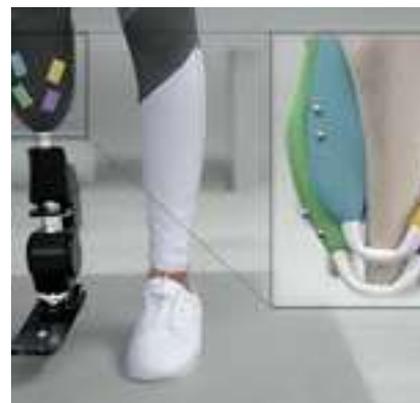
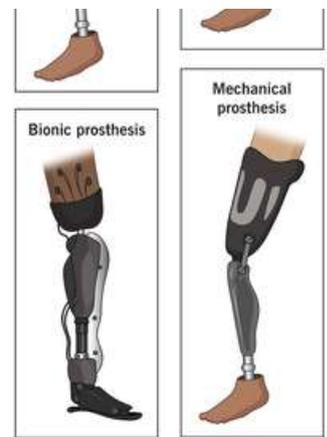


Dr Sunder
Managing Trustee

Dr Sunder

New technologies in artificial limbs

New artificial limb technologies focus on intuitive control, sensory feedback, and customization using AI, neural interfaces, and 3D printing, creating "bionic" limbs that connect to the nervous system for thought control, provide a sense of touch, and offer personalized, affordable designs for more natural movement and enhanced function, according to sources <https://www.protechortho.com/artificial-limbs-complete-guide-to-prosthetics/>, <https://robobionics.in/whats-next-for-prosthetic-technology-the-line-between-bionics-and-robotics/>, <https://builtin.com/hardware/brain-computer-interface-bci>. Key innovations include myoelectric control, targeted muscle reinnervation (TMR), brain-computer interfaces (BCI), AI-driven learning, and osseointegration.



Key Technologies & Innovations

- **Brain-Computer Interfaces (BCI) & Neural Control:** Electrodes implanted in the brain or nerve redirection surgery (like TMR) allow users to control prosthetics with thoughts, offering precise, intuitive movement.
- **Sensory Feedback:** Sensors in the prosthetic send signals back to the nervous system, letting users "feel" pressure, texture, and temperature, restoring a sense of touch.
- **Artificial Intelligence (AI) & Machine Learning:** AI analyzes movement patterns and learns user habits, making limbs adapt in real-time for more natural, seamless control and activity recognition.
- **3D Printing & Customization:** Creates affordable, lightweight, and perfectly fitted prosthetics tailored to individual anatomy, often much faster than traditional methods.
- **Osseointegration:** A surgical technique where a titanium implant fuses directly with the bone, providing a strong, stable, and more integrated connection for the prosthesis.
- **Myoelectric Control:** Detects electrical signals from muscles in the residual limb, translating them into prosthetic hand or limb movements, improving grip and dexterity.
- **Advanced Materials:** Use of lightweight, strong materials like carbon fiber and titanium enhances comfort and functionality.

How They Work Together

These technologies often combine: an AI-powered bionic hand might use TMR for thought control, osseointegration for stability, and sensors for touch feedback, all while being 3D-printed for a perfect fit, creating a highly integrated, almost biological experience, according to sources <https://www.protechortho.com/artificial-limbs-complete-guide-to-prosthetics/>, <https://builtin.com/hardware/brain-computer-interface-bci>.

Currently these technologies are at present out of reach of common man . as they are either very expensive or at the research stage ,

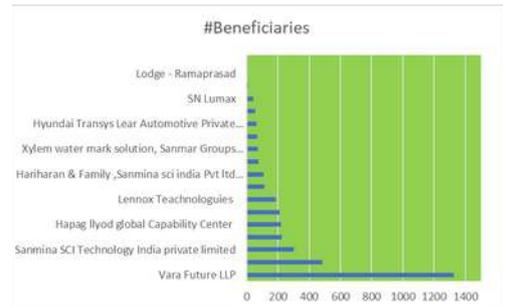
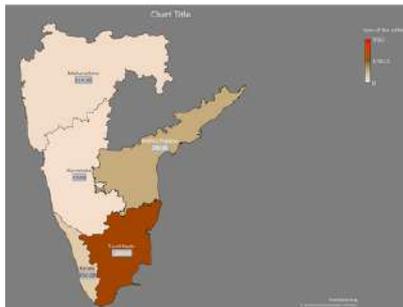
For the upper limb extensive training is required .Also if there is a normal hand , the user manages to use the existing hand for daily activities , and wears a cosmetic hand





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 | Grand Total |
|-----------------------------------|-------------|------------|------------|-------------|------------|-------------|----------|------------|------------|-------------|
| GVP | | | | | | | | | | |
| No .of beneficiaries | 758 | 368 | 486 | 834 | 296 | 850 | 0 | 645 | 495 | 4732 |
| No. Of limbs / | 189 | 149 | 80 | 129 | 56 | 218 | 0 | 256 | 162 | 1239 |
| #Appliances | 832 | 323 | 572 | 1076 | 432 | 978 | 0 | 652 | 521 | 5386 |
| Camp Type | 4 | 3 | 1 | 6 | 3 | 5 | 0 | 3 | 4 | 29 |
| Walk India | | | | | | | | | | |
| No .of beneficiaries | 295 | 525 | 74 | 498 | 133 | 309 | 2 | 10 | 37 | 1883 |
| No. Of limbs / | 302 | 532 | 73 | 511 | 131 | 311 | 2 | 10 | 37 | 1909 |
| #Appliances | 135 | 212 | 33 | 272 | 60 | 116 | 0 | 0 | 5 | 833 |
| Camp Type | 2 | 4 | 3 | 4 | 3 | 3 | 1 | 1 | 2 | 23 |
| Total No .of beneficiaries | 1053 | 893 | 560 | 1332 | 429 | 1159 | 2 | 655 | 532 | 6615 |
| Total of No. Of limbs / | 491 | 681 | 153 | 640 | 187 | 529 | 2 | 266 | 199 | 3148 |
| Total of #Appliances | 967 | 535 | 605 | 1348 | 492 | 1094 | 0 | 652 | 526 | 6219 |
| Total of Camp | 6 | 7 | 4 | 10 | 6 | 8 | 2 | 6 | 6 | 55 |



| Particulars | Assessment | Distribution | Grand Total |
|-----------------------------------|-------------|--------------|-------------|
| GVP | | | |
| No .of beneficiaries | 2328 | 2346 | 4674 |
| No. Of limbs / | 636 | 603 | 1239 |
| #Appliances | 2705 | 2681 | 5386 |
| Camp Type | 14 | 15 | 29 |
| Walk India | | | |
| No .of beneficiaries | 662 | 1221 | 1883 |
| No. Of limbs / | 669 | 1240 | 1909 |
| #Appliances | 249 | 584 | 833 |
| Camp Type | 7 | 16 | 23 |
| Total No .of beneficiaries | 2990 | 3567 | 6557 |
| Total of No. Of limbs / | 1305 | 1843 | 3148 |
| Total of #Appliances | 2954 | 3265 | 6219 |
| Total of Camp | 23 | 31 | 55 |

| Donorwise Beneficiary Distribution Break Up for 2025 - 26 | |
|---|----------------|
| CSR Partners | #Beneficiaries |
| Bharat Heavy Electricals Limited | 75 |
| Caterpillar India Pvt Ltd | 486 |
| Freedom trust Millan | 0 |
| Hapag llyod global Capability Center | 221 |
| Hyundai Transys Lear Automotive Private Limited | 62 |
| Individual Donor | 1 |
| Lennox Teachnologies | 189 |
| Lodge - Ramaprasad | 2 |
| Lodge Ramprasad no 228 & My Race Timigs | 69 |
| Rane Holdings Limited | 56 |
| Sanmina SCI Technology India private limited | 301 |
| Sanmina Tech Service India Private ltd | 111 |
| Savex Technologies P Ltd | 211 |
| SN Lumax | 42 |
| Vara Future LLP | 1326 |
| Xylem water mark solution, Sanmar Groups & Mrs | 73 |
| Hexaware DRHM | 223 |
| Stanley 1885 Batch Alumni Association | 10 |
| Hariharan & Family ,Sanmina sci india Pvt Ltd & Ind | 109 |
| Grand Total | 3567 |

Activities of the Month

Stanley Medical 1985 Batch Alumni Association Walk India /Distribution - Chennai

The first camp for the month was conducted on 7th December 2025. This was a Walk India Distribution Camp and was supported by the 1985 Batch of the Stanley Medical College Chennai. The camp was conducted at the Freedom Trust premises, Tiruvanmiyur, Chennai. To note, Dr Sunder is also an alumnus of Stanley Medical College and a recipient of the prestigious Stanlean Award.

This camp benefited **10 beneficiaries, 10 limbs with 5 appliances**



Stanley Medical College (SMC) is a public medical college located in Chennai, Tamil Nadu, India. Established in 1938, Stanley Medical College and Hospitals is one of the oldest centers in India in the field of medical education. The seed for this institution was sown as early as 1740 when the East India Company first created the medical department. The Stanley Hospital now stands on the old site of the Monegar Choultry established in 1782.[4] In 1799, the Madras Native Infirmary was established with Monegar Choultry and leper asylum providing medical services.

In 1830, philanthropist Raja Sir Ramasamy Mudaliar endowed a hospital and dispensary in the Native Infirmary. In 1836, Madras University established M.B. & G.M. and L.M & S medical courses in the Native Infirmary. In 1903, a hospital assistant course was introduced with the help of the East India Company. In 1911, the first graduating class was awarded their Licensed Medical Practitioner (LMP) diplomas.

Members present in the camp included Dr Sunder & Mrs. Usha Bharadwaj, Dr Aruna and Stanley Team.

10

Beneficiaries

10

Limbs

5

Appliances



**Sanmina Tech Services P Ltd / GVP
/ Assessment -Padianallur**

133

Beneficiaries

13

Limbs

184

Appliances

The Second camp was held on 17th December 2025 . Our CSR partner being by Sanmina Tech Service Private Limited .The camp was well supported by our local partner The Spastics Society of Tamil Nadu in Padianallur, Tiruvallur district, Tamil Nadu.

This camp benefited **133 beneficiaries**, **13 limbs** with **184 appliances**

The Members present included Dr. Sunder, Dr. Ambalavanan & Mrs. Usha Bharadwaj.



Dr. Ambalavanan in action



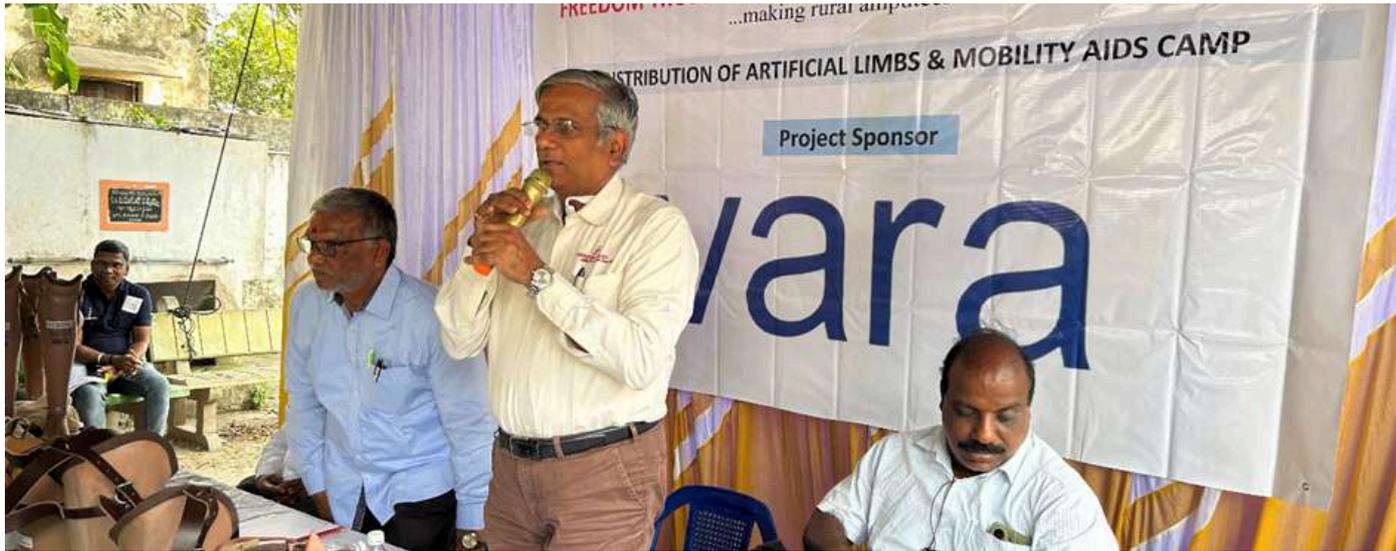
Padianallur is a town in the northern part of Chennai, Thiruvallur district of Indian state Tamil Nadu. It is located 34 km towards East from District headquarters Tiruvallur. 4 km from Sholavaram. It is situated near the industrial and residential areas of Chennai City.

Thiruneetreshwarar Temple is a Hindu Temple dedicated to Lord Shiva located at Padiyanallur in Thiruvallur District of Tamil Nadu. Presiding Deity is called as Thiruneetreshwarar and Mother is called as Thiru Loganayaki. This is the oldest temple of all in Padiyanallur, the name Padiyanallur for this village came because, one of the Nayanmar has sung a song in this temple.

Hence the name Padiyanallur came for this village. This temple has an old Tamil scripting dating back 700-1000 years to the Pandya period.



Vara Future LLP /Walk India /Distribution -Chittoor



Dr. Sunder addressing the beneficiaries with Mr. Rajashekar Naidu DDSWO, Chittoor

On 20th December 2025 the team moved to Chittoor for a Walk India Distribution Camp

CSR partner for the camp was Vara Future LLP .This camp was done to complete the project for the funds received from the CSR partner .

The local partner Mr Saravanan of the District Differently Abled Welfare Office in Chittoor.supported the project .Our well wisher Mr Rajasekar Naidu also was there to support us as always



27

Beneficiaries

27

Limbs

0

Appliances



Dr Sunder , Mr Rajasekhar Naidu and Mr Saravanan were present to distribute the limbs to the beneficiaries.

This distribution camp benefited **27 beneficiaries, 27 limbs** .

Hariharan & Family, Sanmina SCI India Pvt Ltd - GVP /Distribution - Kumbakkonam



Camp Nos

109

Beneficiaries

39

Limbs

126

Appliances

On 27th December 2025, a GVP Distribution Camp was held at Kumbakonam, TN, with the support of multiple sponsors - Hariharan & Family, Sanmina SCI India Pvt Ltd & 2 Individual Donors. The local partner was Maha Rehab Center, Kumbakonam. A large number of beneficiaries were provided with limbs and appliances by Freedom Trust. The distribution was by the Chief Guests. The Chief Guest and Members present were Mr. Hariharan Sankaran, Dr. Sunder of Freedom Trust.

This camp benefited **109 beneficiaries, 39 limbs with 126 appliances**

Sanmina SCI India Pvt Ltd - GVP /Distribution -Pudukkottai

195

Beneficiaries

51

Limbs

209

Appliances



This camp was a distribution camp conducted on 28th December 2025 in Pudukkottai district which was under the GVP project sponsored by Sanmina SCI India Pvt Ltd and the local partner was District Differently Abled Welfare Office, Pudukkottai.



This camp benefited **195 beneficiaries, 51 limbs with 209 appliances**

Mrs. Usha Bharadwaj was present at the camp and represented Freedom Trust in this successful distribution camp.

Cavinkare Private Limited - GVP /Assessment -Dindugal



Camp Nos

58

Beneficiaries

59

Limbs

2

Appliances

The last camp of the month and the year was a Camp conducted on 30th December 2025 that was sponsored by Cavinkare Private Limited with the support of the local partner - Association for the Welfare of Persons with Disabilities in Dindigul.

The Members present on behalf of Freedom Trust included Project Officers - Mr. Jagan Mohan & Mr. Abhilash from the Chennai office.

This camp benefited **58 beneficiaries, 59 limbs with 2 appliances**

Shishu Punarjanmam - Concert at BVB Mylapore Chennai

Our Sishupunarjanmam scholars were invited to perform at Bharatiya Vidya Bhavan (Dec 24 , 2025) under the banner of Margazhi Matram. They presented an hour long thematic concert based on Sanskrit compositions of various composers. Six of our scholars participated and were accompanied by senior established artists in the field. Their performance was very well received and our lead performer Akshaya received special mention for her outstanding raga alapana and swara prastharas.

Freedom Trust seeks the blessings and good wishes from all our SOFT members to encourage our PEARLS and feature them wherever possible.



New Member at Freedom Trust

Mr Leo James has joined us at Freedom Trust this New Year as Project Manager . He will be overseeing all administrative and project activities for the trust .He comes with a lots of experience in the CSR field and hopefully will be a big asset to our movement



10 years of experience in the
NGO sector

Worked with CSR arm of
Intellect Design Arena Ltd for
Mission Samriddhi

Worked in large projects for
Unicef, World Bank, USAID,
ADB, European Union,

Young at heart ,team man and
a Motor cycle enthusiast

Worked with the Dept of Social
Justice and Empowerment,
Dept of Disability

Has collaborated with many
large corporates for their CSR
programs

Upcoming Activities

9
Jan

GVP / DISTRIBUTION

At Padianallur

Donor-Sanmina Tech Service Pvt Limited

Fixed

29
Jan

WALK INDIA / DISTRIBUTION

At Chennai

Donor-DHL

Fixed

31
Jan

WALK INDIA / ASSESSMENT

At Dindugal

Donor-Cavinkare Pvt Ltd

Fixed

31
Jan

WALK INDIA /ASSESSMENT

At Chitoor

Donor-Vara Future LLP

Tentative

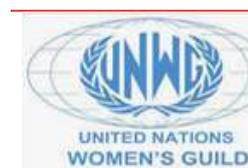
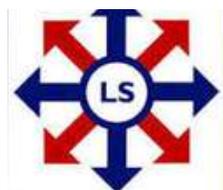
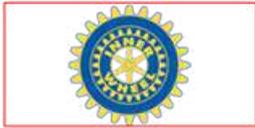
Quote for the Month



No one should have to be happy all the time—no one can be, with the ways in which life throws curveballs at us. On those days, it's important not to mourn the lack of joy but to remember how it feels, to remember that to feel at all is one of the greatest gifts we have in life.

Alice Wong

Our CSR Partners





A team is
many hands & one mind.

Let's Work Together



<https://www.freedomtrustchennai.org>



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