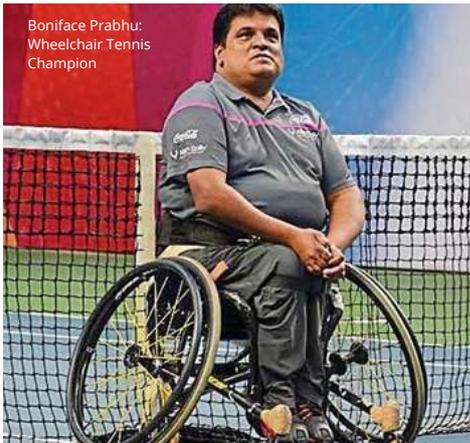




Arunima Sinha: First Female Amputee to Climb Mount Everest



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 **January 2026** .

This edition carries a special article on a special award received by our family member .Dont miss it

I hope all of you liked the last months edition of our News Letter. Look forward to your feedback on news letter and also 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 Board Member

Dear Friends,

Happy New Year to the Friends of Freedom Trust!

Happy to extend an invitation to everyone including our SOFT members , donors , volunteers , well wishers etc to a grand **musical evening** on the **27th of Feb 2026** from 5.30 pm at **Dakshinamurthy Auditorium,** Ramakrishna Mutt Road, Mylapore.Chennai .

This event is part of our Shishu Punarjanmam Project where we train and support differently abled children Our exceptionally talented PEARLS are all set to enthrall us by their scintillating music. Do join us with family to encourage and support them and get yourself immersed in good music.

Do drop in a message to 9381023173 for further details on this.

Mrs Usha Bharadwaj

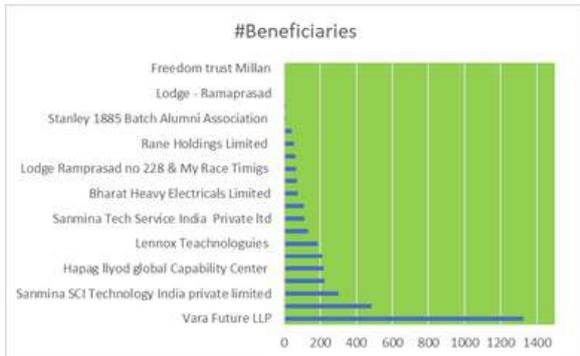
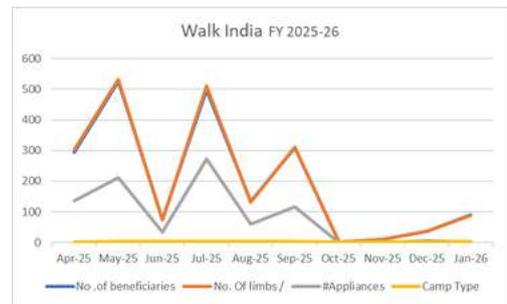
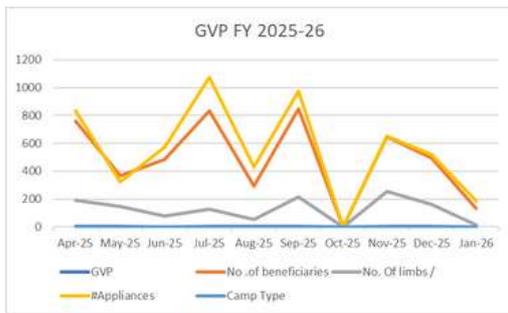


Usha Bharadwaj



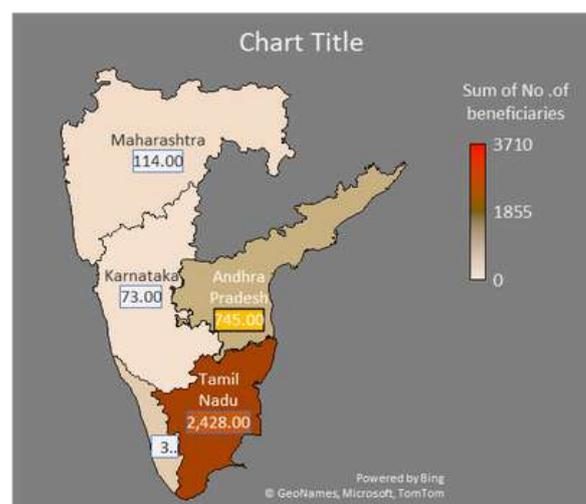
Year To date Trends FY 2025 - 26

Particulars	Apr-25	May-25	Jun-25	Jul-25	Aug-25	Sep-25	Oct-25	Nov-25	Dec-25	Jan-26	Grand Total
GVP											
No .of beneficiaries	758	368	486	834	296	850	0	645	495	133	4732
No. Of limbs /	189	149	80	129	56	218	0	256	162	13	1239
#Appliances	832	323	572	1076	432	978	0	652	521	184	5386
Camp Type	4	3	1	6	3	5	0	3	4	1	29
Walk India											
No .of beneficiaries	295	525	74	498	133	309	2	10	37	90	1883
No. Of limbs /	302	532	73	511	131	311	2	10	37	88	1909
#Appliances	135	212	33	272	60	116	0	0	5	2	833
Camp Type	2	4	3	4	3	3	1	1	2	3	23
Total No .of beneficiaries	1053	893	560	1332	429	1159	2	655	532	223	6838
Total of No. Of limbs /	491	681	153	640	187	529	2	266	199	101	3249
Total of #Appliances	967	535	605	1348	492	1094	0	652	526	186	6405
Total of Camp	6	7	4	10	6	8	2	6	6	4	59



CSR Partners	#Beneficiaries
Vara Future LLP	1326
Caterpillar India Pvt Ltd	486
Sanmina SCI Technology India private limited	301
Hexaware DRHM	223
Hapag llyod global Capability Center	221
Savex Technologies P Ltd	211
Lennox Teachnologies	189
Sanmina Tech Service Private Limited	133
Sanmina Tech Service India Private ltd	111
Hariharan & Family ,Sanmina sci india Pvt ltd & Ind	109
Bharat Heavy Electricals Limited	75
Xylem water mark solution, Sanmar Groups & Mrs	73
Lodge Ramprasad no 228 & My Race Timigs	69
Hyundai Transys Lear Automotive Private Limited	62
Rane Holdings Limited	56
SN Lumax	42
Stanley 1885 Batch Alumni Association	10
DHL	10
Lodge - Ramaprasad	2
Individual Donor	1
Freedom trust Millan	0
Grand Total	3710

Particulars	Assessment	Distribution	Grand Total
GVP			
No .of beneficiaries	2386	2479	4865
No. Of limbs /	636	616	1252
#Appliances	2705	2865	5570
Camp Type	14	16	30
Walk India			
No .of beneficiaries	742	1231	1973
No. Of limbs /	747	1250	1997
#Appliances	251	584	835
Camp Type	9	17	26
Total No .of beneficiaries	3128	3710	6838
Total of No. Of limbs /	1383	1866	3249
Total of #Appliances	2956	3449	6405
Total of Camp	25	33	59



Activities of the Month

Sanmina – Tech Services India Pvt. Ltd/ GVP /Distribution - Padianallur

On 9 January 2026, a distribution camp took place at Indo-Burma Buddha Cultural Centre, Padianallur. The Project was sponsored by M/s Sanmina – Tech Services India Pvt. Ltd, as part of their Corporate Social Responsibility initiative for 2025-2026.

This camp benefited **133 beneficiaries with 11 limbs and 184 appliances**



Ms. Shivani Parekh
from SANMINA TECH



Ms Shivani Parekh HR Representative Sanmina, participated and distributed the mobility aids to the respective beneficiaries. Ms Usha Bharadwaj, Mr. Leo James, Mr. Jagan and Mr. Abhilash from Freedom Trust were also present. The participation of these dignitaries not only elevated the significance of the event but also provided invaluable encouragement and support to the beneficiaries and their families.



The SPASTN Society of Tamil Nadu played a crucial role as the local partner headed by Jeeva assisting in the mobilization of beneficiaries who included both children and adults with severe mobility challenges. Refreshments and other necessary arrangements were in place for all the beneficiaries



133

Beneficiaries

11

Limbs

184

Appliances



The second camp in the month was conducted on 22 January 2026 that was a Walk India Assessment Camp conducted at Sun Orthotics premises in Porur. Members present in the assessment camp included Mr. Leo James - Project Manager and Mr. Jagadeeswaran - Project Officer.

In this camp measurements were taken **10 beneficiaries**.



The Distribution Camp for the same set of beneficiaries was conducted on 29th January 2026 sponsored by DHL Ltd at the Freedom Trust premises, Tiruvanmiyur, Chennai.

Members present in the Distribution camp included representatives from DHL Ltd including the Global Head Mr Patrick and Team from Chennai headquarters, Dr Sunder & Mrs. Usha Bharadwaj, Project Manager and Project Officers from Freedom Trust.

This camp benefited **10 beneficiaries with 10 limbs**

Cavin Kare Private Limited /Walk India /Assessment -Dindigul



"Walk India" camp was conducted on two days in Dindigul on 30th December 2025 and on 31st January 2026 at PRMP Vidya Mandir school. 57/2, Siluvathur Road, Dindigul, Tamil Nadu 624005.

The Project is sponsored by M/s Cavin Kare Ltd, as part of its Corporate Social Responsibility initiative for 2025-2026.

Mr. Leo James, Project Manager and Mr. Jagan, Project Officer, Freedom Trust attended the camp with Mr. Jayavelu of Sun Orthotics

This camp benefited **70 beneficiaries with 68 limbs and 2 appliances**



Beneficiaries



Limbs



Appliances

Deserving award to our family member - Dr Sundars Mother . Mrs Parvathi Subramaniam

Warmest congratulations to my amazing mom on receiving the 'Salute to Mothers' award last week! ❤️ This one's extra special, and is a testament to your unwavering love, care, and sacrifices. It's the most precious gift I've ever received on your behalf, and I'm so grateful to have you in my life. Here's to many more celebrations and making memories together!

Msg from Dr Sundar

🎉 **"Salute to Mothers"** is an annual Chennai-based event (now in its **15th+ edition**) honoring mothers of eminent personalities for their sacrifices, love, and role in shaping successful individuals. Mothers of various well-known personalities, including musicians, entrepreneurs, and artists, are honored.



Member Spotlight- Ms Sumathi Iyer

Sumathi Iyer India's first woman cricket umpire

Married to Mr Hari Captain Indian Army

Schooling @Rosary ,did Sociology Stella maris - Law from Madras Law college

Two children, a daughter, Purnima, and son, Krishna

Joined Canara Bank in 1981 under sports Quota

Headed the cell for entrepreneurship development for women in Canara Bank,

Has played with Shantha Rangaswamy, Diana Eduljee, Sudha Shah and, Fowziah Khalilee

Represented Tamil Nadu cricket from 1973

Played for Madras University from 1975-80

Represented South Zone for two decades since 1978

world record for taking the highest number of catches - seven in a match

Played for the Indian team in the 1980s



was part of the Indian contingent that toured England and West Indies

Her mentor was the former Ranji player, P. K. Dharmalingam

Her mentorsuggested that I appear for a test to qualify as an umpire.

Took the test in 1976, conducted by the Tamil Nadu Cricket Association,

An Associate member of the Association of Cricket Umpires and Scorers at England since 1978

Member of the TNCA advisory board

Switched from cricket to the cards game - Bridge

Recently won the womes pairs event South Zone

Started playing Bridge a decade ago with her Husband

Crowd puller among the differently abled children at all our camps

She has been an active member at Freedom trust for so many years

Has been associated with **BYST**(Business and Youth starting together) since 1996-

Common Items Distributed in our camps

A **PTB prosthesis (Patellar Tendon Bearing)** is a common type of below-the-knee (transtibial) artificial leg that transfers weight and pressure through the patellar tendon, tibial condyles, and other soft tissues of the residual limb, rather than bony areas. It uses a socket that conforms closely to the limb, often with specific padding and relief for sensitive spots, allowing for weight-bearing and supporting movement while reducing skin irritation and muscle atrophy by keeping the skin stable.

Can prevent quadriceps muscle atrophy, reduce distal stump swelling, and improve comfort by keeping the skin from moving.

Common Uses

- Most below-knee amputees (transtibial).
- Patients with sensitive areas on their residual limb.
- Individuals needing easier donning/doffing due to poor dexterity or bulbous limbs.



Bilateral Knee-Ankle-Foot Orthoses (Bil KAFOs) are medical devices designed to support and stabilize both legs, extending from the upper thigh down to the feet. These orthoses are typically prescribed for individuals with significant muscle weakness, paralysis, or severe instability in the knees and ankles, often resulting from neuromuscular conditions. Bilateral KAFOs are crucial for enabling standing and, in many cases, functional walking (ambulation) by locking the knees in extension.

Key Components

- **Thigh Section:** A shell, band, or cuff that supports the thigh.
- **Knee Joint:** Hinges that allow for controlled movement or locking in extension.
- **Calf/Shin Component:** A shell or band that provides posterior stability.
- **Functions and Indications**
- Bilateral KAFOs are used to compensate for pathological gait and improve mobility. Common indications include:
 - **Neuromuscular Disorders:** Post-polio syndrome, multiple sclerosis, spina bifida, and spinal cord injury (SCI).
 - **Severe Muscle Weakness:** Inability to control the knee due to weakness (quadriceps strength < 3).
 - **Instability & Deformity:** Genu varus/valgus (bow-legged/knock-kneed), genu recurvatum (hyperextension), or contractures.



Upcoming Activities

TBD
Feb

WALK INDIA / ASSESSMENT

At Coimbatore

Donor-Vara Future LLP

Tentative

TBD
Feb

GVP / ASSESSMENT

At Seergazhi

Donor-Shriram Investments

Tentative

TBD
Feb

WALK INDIA / ASSESSMENT

At Cuddalore

Donor-SANMAR

Tentative

TBD
Feb

GVP /ASSESSMENT

At Mysore

Donor-LENNOX

Tentative

TBD
Feb

WALK INDIA /ASSESSMENT

At xxx

Donor-Xylem Evoqua India Pvt Ltd

Tentative

TBD
Feb

WALK INDIA /DISTRIBUTION

At Dindugal

Donor-Cavinkare Private limited

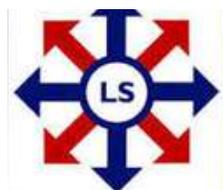
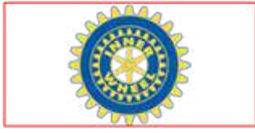
Tentative

Quote for the Month



“Disability is articulated as a struggle, an unnecessary burden that one must overcome to the soundtrack of a string crescendo. But disabled lives are multi-faceted – brimming with personality, pride, ambition, love, empathy, and wit.” – **Sinead Burke**, writer, academic, activist and broadcaster.

Our CSR Partners





A team is
many hands & one mind.

Let's Work Together



<https://www.freedomtrustchennai.org>



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