



# STEPS AHEAD

A MONTHLY NEWSLETTER

# Editors Desk



P S Prasad

I hereby release the Monthly newsletter for the months **October and November 2025- 'STEPS AHEAD'**,

We at Freedom Trust are deeply saddened by the sudden death of our vibrant board member Sudarshan .It was a shocking news that we all received on the 24 th Nov morning that he was no more with us . We will miss him badly as he was the one who digitally spread the work done by FT .He was passionate , hardworking and made sure he was with the Donors and established new local partners and ensured that FT moved ahead with large volumes . He will be missed by all of us .

Please do write to us at **[prasad@freedomtrustchennai.org](mailto: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 Trustee

Dear Friends,

With deep sorrow, we mourn the passing of Mr. Sudharshan Reddy on November 24, 2025. He was a dedicated Board Member of the Freedom Trust and a guiding force behind numerous Artificial Limbs & Assistive Devices Distribution Camps all over south India, especially in Andhra Pradesh.

Mr. Reddy was a true well-wisher for the handicapped, especially amputees, devoting all his time to their welfare. His unwavering dedication, humility, and meticulous planning brought hope, mobility, and new beginnings to thousands of beneficiaries through his work with the local partners, especially National Engineering college Kovilpatti, LS Mills Theni, and Akkara Foundation, Kasargod. His gentle nature and profound commitment to humanity will be forever cherished by the many lives he touched.

We express our deepest gratitude for his selfless service and his legacy of kindness and dedicated service to the disability community will continue to inspire us.

**May his soul rest in peace.**

**Dr Sunder**



**Dr Sunder**  
Managing Trustee

# Sudarshan - A Memoir by his friend Mr Murali Shankar



My name is Murali Shankar , me and Sudarshan Reddy were school and college mates and neighbours for a very long time. I knew him from the time he was about 5 years old. We really have had some great times used to travel by the same bus to school. (Boston Metric School Alwarpet and Nandanam ) He was a year senior to me in school, and a very **introverted shy character** but among friends, **he was a brat**. In fact. He was also a **brilliant chap**. You know, he didn't study that much from textbooks but always got good marks in school. If I if my memory serves me write in his + 2, he **topped the economics** subject in the school. After school he went on to do his BOM from Guru Nanak College and coincidentally I joined the same college for Mathematics. He finished in 1987, and I finished in 1988.

He was a **voracious reader** , a very good **Chess player** , lot of interest in **Cricket**, he loved **driving** just to put on the music and drive around .In fact, I remember a trip to go I was invited as a keynote speaker for one of the meetings in Goa, and we decided to drive down, which was 2004 in my car. And I remember this guy drove the entire night without sleeping. And that was his passion for driving, you know, there is a long journey, Chennai Goa Chennai, but we just made it and that's nice to him, you know.

His **Mother** was a nurse at the Indian air force Tambaram, and she was a **strict disciplinarian**. He was a single child and she a single parent-child. She would go to work early in the morning at around 5 am and come back in the afternoon by about 4:30 pm. So quite literally he was a child who grew up on his own. You know, I knew all his relatives as well, and because we were close family friends as well. So, in 1987, after he finished his graduation when his friends were talking about post-graduation Sudarshan Reddy did something unthinkable.

At that point in time, the **Landmark bookshop** was opened at Apex Plaza Nungambakkam Chennai. He went there for an interview and got selected. The role that he got there was a store officer handling & guiding customer, billing etc .. Although it was a taxing job, he loved the setup, the freedom and also the English music which he was so fond off . It was here that the seeds for entrepreneurship were sowed. So he slowly he learnt the trade, knew the distributors etc. Thus, he was born as a **project consultant** for a company that wanted to start a bookshop in Hyderabad. The store opened and this gave him a fantastic insight into the business prospects of running a bookstore. (with toys and gifts and other things)

**India book distributors** a large publishing and store company saw all this in Hyderabad and wanted Sudarshan to start one in Bangalore . He was taken as a Project director and delivered the first store **Fountain Head** in the heart of Bangalore. He then went on to open another branch for Fountain Head in Chennai

He got **married** to his uncle's daughter Vishnu, who was a software professional. They were very close cousins from the beginning and ended up in a wedding and then he also bought an apartment at Shanti Empress. That was his first apartment that he bought.

The entrepreneur in him was wanting him to start a store of his own and that is how **Odyssey bookstore** in Chennai was born. The funding came from a few relatives, a few friends. I still remember that day before the inauguration, we were stacking books and toys in the racks in Gandhinagar and oh my God, the bookshop was a roaring success. His partner was Ashwin, and they really made it something incredibly special. In fact, he was interviewed by NDTV, and he was one of those upcoming entrepreneurs was doing extremely well for himself. And that was Sudarshan, Reddy's success journey, and of course later he gave away the shop.

That's Sudarshan Reddy for you in a nutshell. Heartfelt condolences that my close friend passed away. But nevertheless, wherever he is, I think he should be happy

## Messages from his friends

"I have found my life's purpose!" ... Sudharsan's exact words after his first meeting with Dr. Sunder and learning about Freedom Trust. From a world of books to toys to freedom from disability - he lived that purpose so intensely with childlike enthusiasm, connecting people, colleges, volunteers, building bridges and relationships all the time committing himself deeper to FT's cause... Never one to hold his thoughts, he always, always showed up - in his eclectic dhotis and shirts, with a smile that reached his eyes. He cared deeply, and he will be missed dearly! May your soul continue its work! - **Sukanya**

I was deeply saddened to hear about the passing of Mr. Sudharsan. His contribution to Freedom Trust, especially in organizing and uplifting large-scale camps across southern India, has been truly remarkable. His hard work, sincere commitment, and strong network with local partners and donors helped make many camps highly successful, benefiting hundreds of patients at a time For us at Sun Orthotics and Prosthetics Centre, working alongside Freedom Trust has always been a privilege, and Mr. Sudtrarsan played a significant role in strengthening this collaboration. His passion for service and his genuine care for beneficiaries will always be remembered. **K Jayavelu**

Omg ,a very sad news. He was recovering well and informed me that in a month or so, he will get bk to usual n regular work.I reached chennai last night and only now saw the news. May his soul attain Sadgathi.Om Shanthi. A big blow to FT.We will miss him- **Sumathi Iyer**



# Our Salute to Sudarshan



MANY BOOK STORES IN CHENNAI WERE HIS BRAIN CHILD

KIND HEARTED GUY



HIS LOVE FOR HIS DAUGHTER WAS INFINITE



- A perfect replica of ancient palm leaf manuscript (Olai Chuvadi) printed on eco-friendly special paper
- An ideal gift for anyone who values our culture, heritage and tradition.



SPIRITUAL SCRIPTURES IN OLAI CHUVADI WAS CLOSE TO HIS HEART UNFINISHED DREAM



ALWAYS WORE JAZZ BAZZ CLOTHING



LUVED HIS FRIENDS THE MOST

NETWORKING WAS HIS STRENGTH



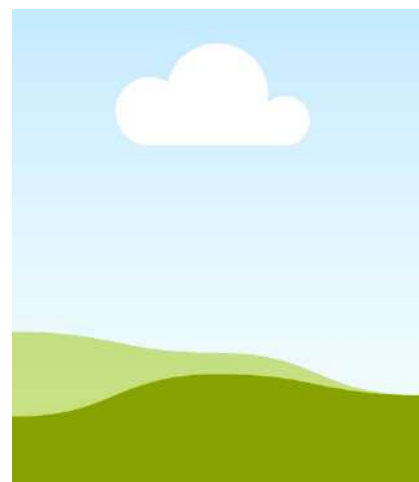
HE WAS FOND OF BIKES AND CARS

SERVICE TO DISABLED - SERVED WITH PASSION



## Diabetics and amputation

**Diabetes can lead to amputations**, most commonly of the lower limbs, because of nerve damage (neuropathy) and poor circulation (peripheral artery disease) that prevent ulcers and infections from healing. These complications often result from long-term high blood sugar levels, but amputations can be prevented by managing blood sugar, taking good care of feet, and seeking prompt medical treatment for any foot issues.



- **Poor wound healing:**

Diabetes affects the body's ability to heal wounds. Ulcers can form and quickly become infected, sometimes spreading to the bone.

- **High blood sugar:**

Persistently high blood sugar levels are a primary driver of the nerve and blood vessel damage that leads to these complications.

- **Smoking:**

This is a significant risk factor that worsens circulation and increases the risk of amputation.

### Causes and risk factors

- **Peripheral neuropathy**

Long-term high blood sugar levels, oxidative stress, and inflammation may cause Trusted Source nerve damage in the legs, feet, and toes. This is known as peripheral neuropathy. If you can't feel pain, you may not realize you have a wound or ulcer on your feet. You may continue putting pressure on the affected area, which can cause it to grow and become infected.

Over time, wounds, ulcers, and infections can completely damage Trusted Source the nerves in your lower limbs, possibly leading to limb loss and amputation.

- **Peripheral artery disease (PAD)**

In some cases, unmanaged diabetes can lead to peripheral artery disease (PAD). PAD occurs when fat builds up in the blood vessels, causing them to narrow and reduce blood flow to your legs and feet.

Reduced blood flow can slow wound healing and make your body less effective at fighting infection, so your wound may not heal. Tissue damage or death (gangrene) may occur, and any existing infection may spread to your bone.

This may also result in amputation.





## Prevention and management

- Manage blood sugar: Keep your blood sugar levels in a healthy range through diet, exercise, and medication as prescribed.
- Check your feet daily: Inspect your feet every day for cuts, blisters, redness, swelling, or other issues.
- Protect your feet: Wear properly fitting shoes and socks, and avoid walking barefoot.
- See a doctor regularly: Have regular checkups with your doctor and podiatrist.
- Treat foot problems promptly: Seek immediate medical care for any wounds or infections. Early treatment can help prevent them from worsening and leading to amputation.



## What symptoms should you look out for?

If you're living with diabetes, it's important to regularly monitor your blood sugar (glucose) levels and follow your diabetes management plan.

It's also important to regularly check your feet for any signs or symptoms of complications, such as neuropathy.

The Centers for Disease Control and Prevention (CDC) Trusted Source recommends connecting with a doctor if you experience any of the following symptoms:

- pain, burning, tingling, or numbness in your lower limbs
- change in the size or shape of lower limbs
- fungal infection (athlete's foot) between your toes
- a wound, blister, or cut you cannot feel
- an ulcer that you can see the bone beneath

Proper management is key to preventing further diabetes complications, such as amputation.

## India Statistics

In India, an estimated **40,000 legs are amputated** annually due to diabetes, with diabetic foot ulcers (DFUs) causing about **80% of these non-traumatic amputations**. A significant percentage of diabetics develop DFUs, and approximately 20% of those who do require amputation. The numbers are growing, as studies show an increase in the annual number of amputations for diabetic patients, **despite a decrease in the rate per 100,000 diabetics between 2010 and 2019**.

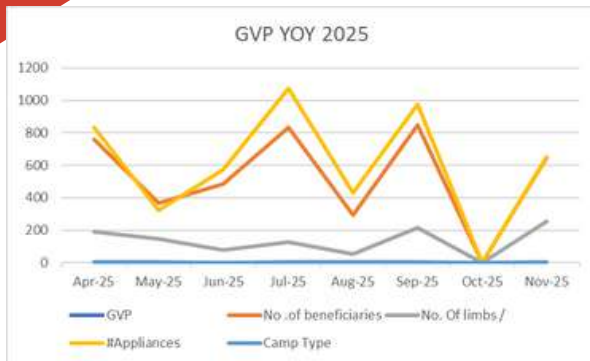
### Key statistics

- **Annual amputations:** Around 40,000 legs are amputated annually due to diabetes in India.
- **Cause of amputations:** Diabetic foot ulcers are the primary cause, accounting for roughly 80% of all non-traumatic amputations.
- **Diabetic foot ulcer prevalence:** Between 15% and 25% of people with diabetes will develop a diabetic foot ulcer in their lifetime.
- **Amputation rate among DFU patients:** Of those with DFUs, about 20% require amputation.
- **Increasing numbers:** Studies indicate that the annual number of amputations in diabetic patients has increased significantly over the years.
- **Higher mortality:** Patients with a history of diabetic foot ulcers have a 40% higher 10-year death rate compared to those without.
- **State-specific data:** In Kerala, one person undergoes amputation every 30 minutes due to uncontrolled diabetes, according to a study by the Vascular Society of Kerala.

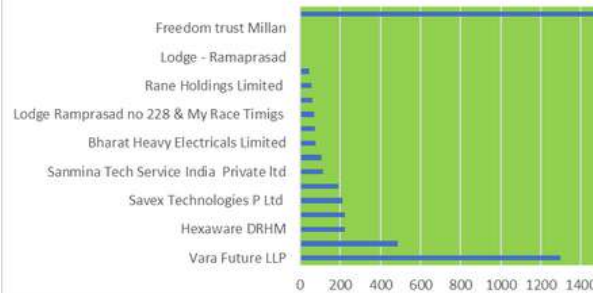


## Year To date Trends FY 2025 - 26

Particulars	Apr-25	May-25	Jun-25	Jul-25	Aug-25	Sep-25	Oct-25	Nov-25	Grand Total
<b>GVP</b>									
No .of beneficiaries	758	368	486	834	296	850	0	645	4237
No. Of limbs /	189	149	80	129	56	218	0	256	1077
#Appliances	832	323	572	1076	432	978	0	652	4865
Camp Type	4	3	1	6	3	5	0	3	25
<b>Walk India</b>									
No .of beneficiaries	295	525	74	498	133	309	2	10	1846
No. Of limbs /	302	532	73	511	131	311	2	10	1872
#Appliances	135	212	33	272	60	116	0	0	828
Camp Type	2	4	2	4	3	3	1	1	21
<b>Total No .of beneficiaries</b>	<b>1053</b>	<b>893</b>	<b>560</b>	<b>1332</b>	<b>429</b>	<b>1159</b>	<b>2</b>	<b>655</b>	<b>6083</b>
<b>Total of No. Of limbs /</b>	<b>491</b>	<b>681</b>	<b>153</b>	<b>640</b>	<b>187</b>	<b>529</b>	<b>2</b>	<b>266</b>	<b>2949</b>
<b>Total of #Appliances</b>	<b>967</b>	<b>535</b>	<b>605</b>	<b>1348</b>	<b>492</b>	<b>1094</b>	<b>0</b>	<b>652</b>	<b>5693</b>
<b>Total of Camp</b>	<b>6</b>	<b>7</b>	<b>4</b>	<b>10</b>	<b>6</b>	<b>8</b>	<b>2</b>	<b>6</b>	<b>49</b>



Donorwise Beneficiary Distribution Break Up for  
2025 - 26 #Beneficiaries



Particulars	Assessment	Distribution	Grand Total
<b>GVP</b>			
No .of beneficiaries	2195	2042	4237
No. Of limbs /	564	513	1077
#Appliances	2519	2346	4865
Camp Type	12	13	25
<b>Walk India</b>			
No .of beneficiaries	662	1184	1846
No. Of limbs /	669	1203	1872
#Appliances	249	579	828
Camp Type	7	14	21
<b>Total No .of beneficiaries</b>	<b>2857</b>	<b>3226</b>	<b>6083</b>
<b>Total of No. Of limbs /</b>	<b>1233</b>	<b>1716</b>	<b>2949</b>
<b>Total of #Appliances</b>	<b>2768</b>	<b>2925</b>	<b>5693</b>
<b>Total of Camp</b>	<b>21</b>	<b>27</b>	<b>49</b>

Donorwise Beneficiary Distribution Break Up for 2025 - 26

CSR Partners	#Beneficiaries
Vara Future LLP	1299
Caterpillar India Pvt Ltd	486
Hexaware DRHM	223
Hapag llyod global Capability Center	221
Savex Technologies P Ltd	211
Lennox Teahnologuies	189
Sanmina Tech Service India Private Ltd	111
Sanmina SCI Technology India private limited	106
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
Lodge - Ramaprasad	2
Individual Donor	1
Freedom trust Millan	0
<b>Grand Total</b>	<b>3226</b>



# Activities of the Month

## Music Forum - Workshop



The Music Forum, specifically its Chennai Chapter, is an organization that promotes classical music appreciation, with Dr. S. Sunder acting as its convenor. The forum, often supported by corporate sponsors like the Shriram Group, focuses primarily on education and outreach for young people

Their activities are like

Music Appreciation Workshops  
Monthly Lecture Series  
Publications and



Association with Freedom Trust: Dr. Sunder is also the founder and managing trustee of the Freedom Trust, which helps physically challenged individuals. The Trust often combines medical camps with music appreciation events and has a program to train visually-impaired children in music to help them build self-sustaining careers.



Tiruvaiyaru is a town in the Thanjavur district of Tamil Nadu, known for the Panchanatheeswar Temple dedicated to Lord Shiva, often called "Dakshina Kailasam". It is situated on the banks of the Kaveri River and is closely associated with the composer Saint Thyagaraja, as it is his resting place and the venue for his annual music festival. The name "Tiruvaiyaru" translates to "Holy Land of Five Rivers," referring to the Kaveri and its four tributaries that flow through the area.



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It is this divine town Music Forum conducted a workshop for carnatic music .The Workshop was conducted by Dr Sundar , Mrs Usha Bharadwaj, with accompanying artists liek Mr Sruti Sagar and JB Keethana

# Activities of the Month

## Lodge Ramprasad No 228 -WI - Distribution -Egmore

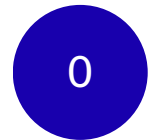
Our first camp for the month was on **26 October 2025** at Lodge Campus Egmore Chennai

This distribution camp effectively .A total of **2 Beneficiaries, 2 Limbs .**

**Members present were Dr Sunder , Mrs Usha Bharadwaj , & Field officers**



Beneficiaries Limbs



Appliances









## Hariharan Sankaran & Family /GVP Assessment -Kumbakonam



Mr Hariharan our Trustee has been supporting from his personal fund by sponsoring camps year on year . This year the camp was held at Kumbakonam on 15 Nov 2025 .



109

39

126

Beneficiaries   Limbs   Appliances

The camp was conducted Maha Rehab Center campus and had the presence Mrs Usha Bharadwaj ,Mr Jagan from Freedom Trust .

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



## Sanmina Sci india Private limited - GVP /Assessment -Pudukottai



### Sanmina-Camp Nos

195

Beneficiaries

51

Limbs

207

Appliances

The entire team of Freedom Trust moved from o Kovilpatti after a real big camp. The team moved to Pudukottai . So much of planning went into these two large camps that were done so meticulously by the Sun Orthotics team .

This camp also was large and was conducted on 16 November 2025 at the DDRO Pudukottai

The members present were Mrs Usha Bharadwaj, Field officers Abhilash and Jagan , Mrs Bhuwana DDRO Pudukottai

## Stanley 1985 Batch Alumni Association - Walk India /Assessment - Chennai



The Alumni of Stanley Medical College 1985 batch had organised a camp thro FT in Chennai

The camp had been conducted by our Field Officer Jagan .It benefitted 10 **beneficiaries with 10 Limbs**



### Stanley-Camp Nos

10

Beneficiaries

10

Limbs

0

Appliances



# Activities of the Month

Music Forum - Music Forum Youvarasika Rasika -Pallakad , Trivandrum and Mumbai

The Music Forum in association with **Sri Neelakantasivan Sangeetha Sabha in Trivandrum and Sri Palghat Fine Arts Society in Palakkad** conducted workshops for college students followed by concerts of Dr. Sunder in the evening. The students were from Music Colleges and very keenly participated. Most of them took notes and were also encouraged to ask questions. Teachers also attended the workshops and expressed their appreciation for having chosen the topic on History and evolution of Music. On the whole it turned out to be a memorable trip. The Music Forum Also honoured **Sri Subbaraman** at Palakkad for his outstanding contribution for the cause of preserving and propagating our rich musical tradition .Dr Sunder also presented a workshop in **Mumbai** for school students on the 21st of Nov 2025 .





# Upcoming Activities



## **GVP / DISTRIBUTION**

**At Pudukottai**

**Donor-Sanmina Sci India Pvt Ltd**

**Tentative**



## **GVP / DISTRIBUTION**

**At Kumbakonam**

**Donor-Hariharan Sankaran**

**Fixed**

## **Quote for the Month**

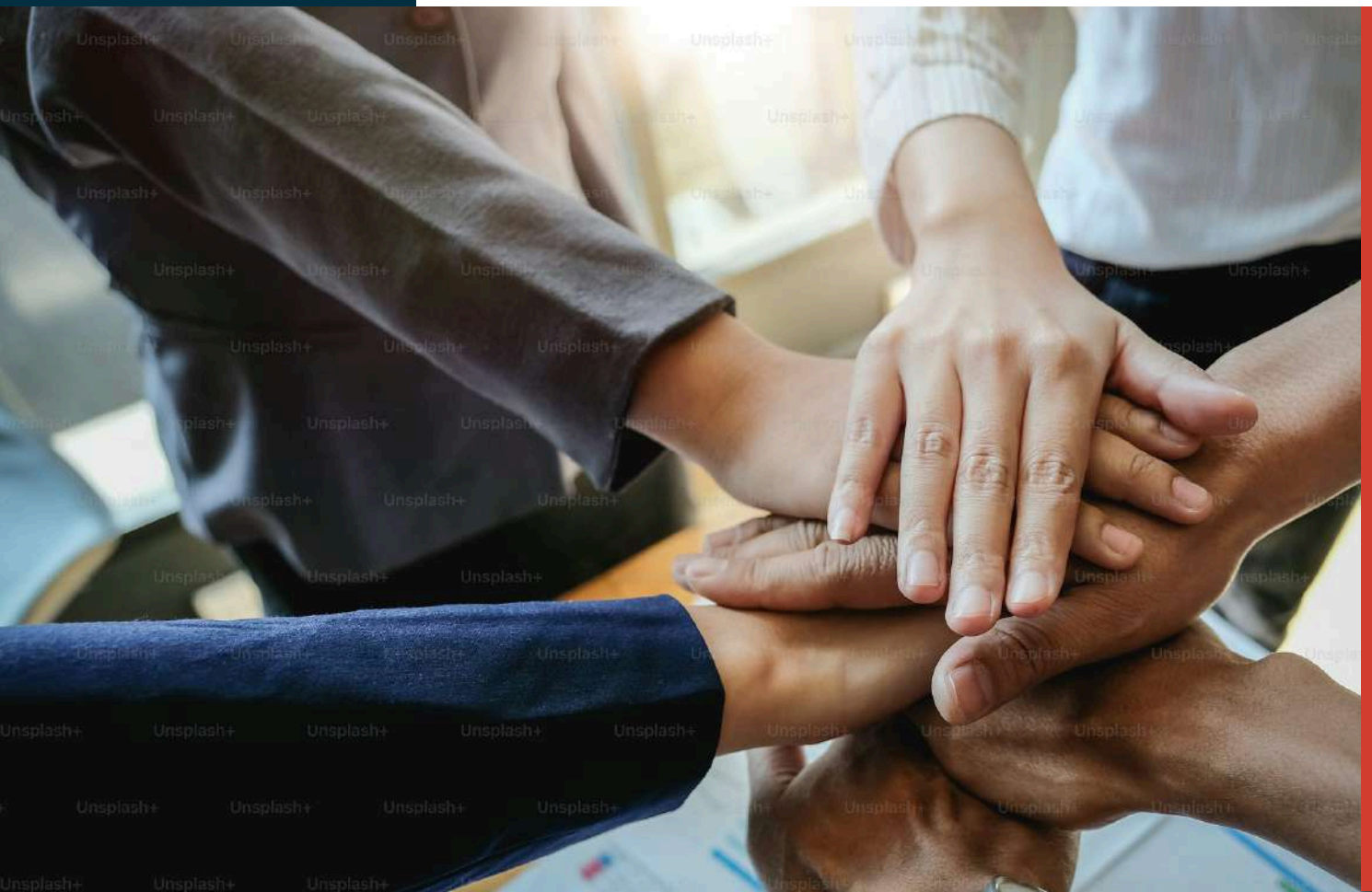


No one should have to be happy all the time—no one can be, with the ways in which life throws curveballs at us. On those days, it's important not to mourn the lack of joy but to remember how it feels, to remember that to feel at all is one of the greatest gifts we have in life.

**Alice Wong**

# Our CSR Partners





# Let's Work Together



<https://www.freedomtrustchennai.org>



Flat 9, Block D1, Anand Apts, 50,  
Lattice Bridge Road,  
Thiruvanmayur,  
Chennai - 600041, INDIA



+91 9884017316