

# PRAYAS TIMES

The joy of giving back

Volume 2, Issue 1

Anniversary Edition - 2017

**one**  
**life**



And countless ways of touching lives

Prayas  
turns **21**  
*Igniting lamps of benevolence!*



## IT'S THE **SMALL VICTORIES** THAT MAKE THE **BIG DIFFERENCE**

*If you want to grow, don't try to win big. Even small wins will suffice because success is the sum of several small efforts. At Prayas Trust, I am delighted to say that as we turned 21, a number of our small efforts are visibly bearing fruit and the number of the needy and underprivileged of the society who are enjoying the benefits of our various efforts are only growing.*

*What began as a little lamp of kindness and empathy is today a far brighter movement that has spread across the community making a difference in our chosen areas of attention – healthcare, childcare, education, women empowerment and sanitation. For all of us at Prayas Trust, it has been an extremely satisfying and humbling journey thus far in our mission to bring help and comfort to those who are in dire need.*

*The last few months has been action-packed for us. We celebrated our 21st Annual Day of Prayas Trust with our NGO partners, members and other stakeholders on 17th June 2017. Apart from having achieved an important milestone, it was also an opportunity for us as a team to realign ourselves to our goals, re-dedicate ourselves to our commitments and re-energise our efforts in the pursuit of our mission. It was truly a memorable and a joyous occasion; the enthusiastic participation from our members was something to be seen to be believed. The fervour with which everyone pitched in to organize the event, take part in the singing, dancing and walking the ramp was truly exciting. Our chief guest for the evening, Gautami Tadimalla, brought greater meaning to our function, by speaking passionately about her NGO and her journey to reach out to cancer patients and young children. I would also like to thank the outgoing office bearers for their exceptional service to Prayas Trust and wish the new team luck to continue the good work.*

*A proud moment for us was the ISO certification for the Prayas Medical Centre which means that it is now official that our medical centre conforms to the highest Quality Management System standards with ensuing benefits like increased job satisfaction, improved efficiency and systematic maintenance of records and processes. This was not achieved in a day but took almost a year of toil and dedication from the highly charged team. My sincere thanks to all of them.*

*Another big achievement for us has been the inauguration of the Prayas Mobile 'Fun n Learn' Van inaugurated in mid-April 2017 which has received very positive response from the children of corporation and government-aided schools and orphanages. This van equipped with toys, games on maths and aptitude, puzzles and books has dramatically changed the traditional way of learning by involving the children creatively and customizing learning to each student's needs within real-world scenarios.*

*Apart from all this, we have continued to keep our other activities going: supporting our NGO partners, conducting health camps and promoting education through scholarships for underprivileged children. For us at Prayas, its service as usual – an accountability to the people in the communities we operate in to ensure long-term well-being and sustainability. Let me conclude with a quote from Mark Twain, "To get the full value of joy, you must have someone to divide it with!" At Prayas Trust, we enjoy and pride in the joy of giving to the needy and the underprivileged.*

Join us to make a difference!

Happy Reading!

**Mrs. Meena Subrahmanyam**  
President Prayas Trust



## 21 YEARS OF GIVING

The stage was resplendent and the dancers dressed in blue and yellow moved gracefully setting the tone for the day. Every mudra (hand gesture) of theirs had a story to tell, a story of giving unconditionally to the society. From their effortless 'abhinaya' (expressions) one could almost see the smiles of the little children of the Prayas Tuition Centre, the empowered women of the Prayas Tailoring Unit, the patients of the Prayas Medical Centre, the elderly basking in the warmth of care. Then, as if in cue, the music and movements hit a crescendo amidst thundering applause from the audience and the dancers merged into an elaborate formation each holding a glittering golden letter which simply read – '21 years of Prayas' setting the stage for the 21st annual celebration of Prayas Trust on 17th June, 2017.





Ms. Gautami Tadimala, actress and Founder President of the NGO 'Life Again Foundation', who in an inspiring speech, spoke about her battle with cancer and described herself as a 'cancer winner'. She stressed the importance of living a meaningful life by making a difference to the lives of others. She added that just when she thought that life was over, there was life again which is why she chose the name 'Life Again Foundation' for the NGO she started to reach out through a network of volunteers and NGOs to help cancer patients.

Over two decades earlier, a few spouses of L&T employees led by the founder President Mrs. Suryakumari Ramakrishna gathered together for a good reason – to dedicate their time, resources and skills to reach out to the underprivileged and make a difference to their lives and thus Prayas Trust was born. Over the years, Prayas Trust has expanded to reach out to more underprivileged in the areas of Healthcare, Education, Community Development and Skill Building. Under the dynamic leadership of Mrs. Meena Subrahmanyam and her efficient team, Prayas Trust has moved from strength to strength.

Speaking at the occasion, Mrs. Subrahmanyam stressed on the importance of giving back to the society and to build a culture of giving. She added that the joy and satisfaction that one gets from serving the underprivileged were immense. After elaborating on the latest initiatives of Prayas, she announced the new office bearers and congratulated the earlier team for doing a fantastic job. She also introduced the chief guest,

Mrs. Ezhil Jayakumar reported on the activities of the Prayas Trust over the past three years highlighting the newly introduced advanced Hospital Management Software at the Prayas Medical Centre which makes the centre digital and any medical information available at the click of a mouse. She also spoke about the efforts taken for the ISO certification. Mrs. Sathya Ravichandran, Treasurer gave a detailed financial report of the Prayas Trust.





The entertainment quotient came from a brilliant saxophone performance by a much decorated musician, Ms. Lavanya, which enthralled the audience with several wonderful melodies. The Prayas members and employees of L&T set the stage alight with a retro style fashion walk and brought alive the likes of Hema Malini, Sreedevi, Savithiri, K.R Vijaya, Parveen Babi, Zeenat Aman, Asha Parekh and others gyrating to retro beats with the 'shakes and moves' typically of the 70s.



Among the audience were a few visually challenged girls from Nilacharal Ashram, a home for visually challenged, that is supported by Prayas Trust. A poignant statement made by one of them sums up the sentiment of the day, "We may not be able to see but we can feel everything and it's a beautiful feeling."



***"Take pride in how far you've come. Have faith in how far you can go."***

## TOYING WITH FUN & LEARNING IN THE KUTTY CHUTTY VAN

Brightly painted and festooned with fun paraphernalia, a mobile-classroom makes its way to the Government schools and orphanages across Chennai. To the discerning eye, it's much more than just a fun van. Designed by the ladies of Prayas, every motif, every fun image painted on the bus has been carefully thought of and the van is equipped with educational resources such as maps, aptitude & maths games, toys and posters that teach children lessons about life. Stressing the importance of learning through fun activities, Prayas Trust has, in association with the Children Toy Foundation (CTF), dedicated this Mobile Fun 'n' Learn Van for the underprivileged children in Government and Corporation schools.



This 'Fun n Learn' van aptly named 'Kutty Chutty bus' is filled with educational toys and games and helps in honing the skills of children to achieve academic excellence. The van visits about ten to twelve schools a month and orphanages during weekends. Kids play, learn and have fun through initiative. For the fun and learning activities, children are grouped and supervised by teachers, who along with the Prayas members, perform dramas and puppet shows which the children from each group have to then enact. Songs from popular cinemas are a big hit and a regular event in most of the sessions. The games that are taught range from puzzles, board games, educative games, memory tests and IQ-improvement games, all of which help children to develop analytical thinking.



*Tell me and I forget.  
Teach me and I remember.  
Involve me and I learn.*

*- Benjamin Franklin*

When the Kutty Chutty bus made a stopover at the school in Kovur, a few kilometres from the L&T Campus, the children rushed out to enjoy a refreshing break from their daily routine. They interacted with the teachers and showed keen interest in the learning games. A teacher nudged our attention to a little boy who was known to be easily distracted and having a small attention span, patiently assembling the pieces of a jigsaw puzzle. Finally, he managed to complete the picture with his team members and was so ecstatic that he rushed to the teacher tugging her saree, exclaiming "Teacher, I did it. It's a dinosaur." It was difficult to gauge whose smile was bigger.



## FROM A TINY STEP TO A BIG LEAP

Their stories are the same yet so different but they all have similar beginnings. There were alarming tell-tale signs like drastically reduced amount of urine but the ones who noticed these signs brushed them aside thinking that these were due to insufficient water intake. Some even thought that these were good for these symptoms meant less toilet breaks and more time to work. They all needed that extra money and most were the only bread winners for their families. For others, it was the opposite with urinary urgency throughout the day accompanied by a feeling of fatigue all the time. Could it be the heat? But deep down, they knew that they were used to the harshest summer. The chain of symptoms continued like debilitating leg and back pain, swelling of legs, ankles and feet, persistent nausea, confusion, etc. until they landed almost incapacitated at the hospital.

But this wasn't the scariest part at all. In fact, it was only the beginning.

All of them unanimously agreed that the toughest part was the diagnosis – renal failure, more commonly known as kidney failure. After the initial indignant "why me?", they were fearful and unsure of whether they would be able to undergo the dialysis treatments as the cost was way beyond what they could afford and that's when their paths led to the Prayas Medical Centre which has a 10-bed dialysis unit in collaboration with Davita Health Care, that provides subsidised or free treatment to the needy members of the community. This Dialysis unit treats over 45 patients a month averaging about 500 dialysis sittings a month and over 5400 sittings per year.



Mrs Meena Subrahmanyam, President Prayas Trust is quick on her feet. With her team, she makes it a point to visit the Dialysis Unit every other day to listen to and help the patients as a dialysis patient spends an average of 4 hours at the dialysis centre every week. She is a keen listener and addresses any issues that the patient faces.

Outside the Prayas Dialysis Unit, the caretakers of the patients - daughters, husbands, wives, relatives wait patiently. They are now used to the weekly process that is also integral to their lives and have seen a significant improvement in their ailing family member post the dialysis. One them is a young wife. Her husband Anthony was only 28 years old when he was diagnosed with end stage liver failure and they had been married for only 9 months then. "We thought our lives were over but today thanks to the treatment which we could otherwise have never afforded, things have changed for the better. Anthony is not as sick as before. His health has improved by leaps and bounds and most importantly there is hope for our future."

Inside, Anthony manages a wry smile as he goes through the treatment. He simply nods as Mrs. Subrahmanyam enquires about his wellbeing. But in the bed next to him is Alamelu, a grandmother who is more vocal. She talks about her pain and also about the improvement that she has made over the years. She has been coming to the centre for years now.



### What is Dialysis?

Dialysis is one of the first technological innovations in medicine - and the only treatment that does not involve transplant, and yet allows a patient with end stage organ failure to live long, healthy and productive lives. Currently, about 2.4 million people are alive on dialysis worldwide.

Dialysis removes the "waste" chemicals that accumulate in the blood because the failed kidneys are unable to excrete them. It can be done in two ways: hemodialysis in which the blood is taken out of the body and passed through a machine, or peritoneal dialysis, where a natural internal membrane lining the abdomen is used to clear the blood. The first one is typically done at dialysis facilities, whereas the second one can be conducted at home. Since the "waste" accumulation is continuous, dialysis must be repeated at regular intervals. This is critical, since the long-term and repetitive nature of this treatment has major health and economic implications

"Medical care is not just about giving the best medical attention, it is not just hygiene or being clinical about things," says Mrs Subrahmanyam as she goes through the rounds with the medical team. "We should remember that we are dealing with people and emotions hence it is important to give emotional support and care to every patient sometimes just by being there and help them alleviate the pain that they are experiencing during the treatment process."



The Dialysis unit is helmed by a wonderful team of doctors extremely focused and service minded, having been associated with the centre for years and thus have become almost family



for the patients. An exclusive counsellor looks after the emotional well-being of the patients. Particularly challenging, Ms. Lavanya, Counsellor at PMC says, is the abruptness with which many patients are forced to come to terms with the many challenges that diagnosis brings. Too many are diagnosed in the hospital, she says. "It's not unusual to hear patients expressing feelings of fear, uncertainty, and anxiety, particularly when dialysis is an immediate need," observing that patients have much to learn and many decisions to make all at once. Apart from this, due to ignorance and several misconceptions regarding the condition patients sometimes sink into depression. They need to be sensitised and slowly brought out from their shells to face the situation.

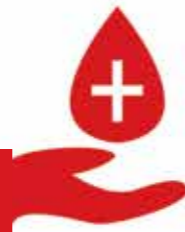


Most importantly, even before we start the treatment, we need to slowly inject courage and hope into them and this starts with simple things like taking care of the way they dress and groom themselves. I always tell my patients that everything starts with a tiny step."

From the first hesitant steps, the patients at Prayas Dialysis Unit have taken few leaps towards their mental and physical wellbeing because they know that there is a team who cares for them and that cannot be replaced with anything.

# YES,

## YOU COULD BE AN ORGAN DONOR!



India has one of the lowest ratio of organ donors in the world. Nearly 500,000 Indians have to wait, at times, in vain for critical organ transplants. Three out of four people in need of cornea donation remain visually impaired. The numbers are indeed telling. They speak what the cries of those seeking organs are unable to echo. In the past, factors such as proper recognition of organ compatibility, upgraded medical facilities to conduct transplants and financial issues regarding affordability of treatment inhibited people from signing up to be organ donors.

Today, various advancements readily address such issues. Saving a life through organ donation is no longer a matter of great complexity. However, the lack of awareness, be it social, cultural or medical, and the prevalence of myths, remain a huge problem in our country. No wonder, the lowest ratio of organ donors!

And this is why Prayas Trust is reaching out to each and everyone of you to register and become an organ donor today. Organ donation is more than just an act of kindness. It is in fact a responsibility that is indicative that we are connected to each other symbiotically; by offering something that belongs to us, when we don't need it anymore, to help someone else continue their own.

For some, organ transplants mean being no longer dependent on expensive treatments to survive. In other cases, it allows patients to merely return to a normal lifestyle, whether it is recovery of physical mobility or freedom from specific pain points.

Organ donation paves the way for new beginnings. Fresh starts. It gives hope where none existed. It offers light where only darkness reigned.

It is also a way of dealing with the grieving process for those related to the donors. Family members can overcome their sorrow – as much as possible – with the sheer knowledge that someone is able to live a healthy and functional life because of a timely donation from their loved one. While it may not take away the pain of loss, the gift of life is a boon that can bring harmonious rewards.



***The power to save lives is in your hands.  
Exercise your responsibility and register to become  
an organ donor today.***







## WE ARE THE PRAYAS CHAMPIONS

Education is an important aspect of our lives; while some of us take it for granted, there are others who crave and struggle to receive it. Over the last 18 years, Prayas Trust has been giving Merit Scholarships for deserving students of classes X and XII who are children of L&T Construction employees with the objective of reaching directly to the students and encouraging them to take charge of their future through education. The Prayas Merit Scholarships for 2017 was conducted on 10th Aug at the Convention Centre of L&T campus. More than thirty children who have passed their X and XII standard examinations with a minimum of 85% and above were honoured with cash awards, trophy and a certificate of merit.



Speaking at the occasion, Mrs. Meena Subrahmanyam, President of Prayas Trust said "In today's competitive world, it is a must for all to have good education. The importance of higher education has become a prerequisite to get a good job and position. It creates paths to go ahead in the future. In life there are always two kinds of paths – the road oft taken and the road not taken.

Whether you want to tread, the often used roads and aspire to become doctors or engineers or choose careers involving arts, games, music or sports. The signboard that lead to these choices is the strong foundation of education. And when I say education, I stress on the thirst for continuous knowledge that comes beyond



your text books - Read voraciously, ask questions, be kind to your parents, and to the people around you. Being educated is all about being empathetic and evolving into responsible adults who contribute to the betterment of the society."

The children shared their dreams for the future and had a fulfilling interaction with the Prayas team. The evening ended with the children, along with their parents holding their trophies proudly to the background music of "We are the champions and we'll keep on fighting till the end"



**PRAYAS MERIT SCHOLARSHIPS 2017**

*Education is the most powerful weapon which you can use to change the world*



# HARVESTING HAPPINESS

at the Prayas Tuition Centre



Pongal is a harvest festival. A time not only to harvest the crop but also an opportunity to harvest human potential and happiness as was the case at the Prayas Tuition Centre. Mrs. Meena Subrahmanyam celebrated Pongal with great fervor in the company of the teachers and students of the centre, the trustees and the office bearers of Prayas Trust.

Pongal which is a sweetened dish was cooked over a traditional fire in a new clay pot ritually with fresh rice, lentils, jaggery, cashew nuts, raisins and ghee and offered to the Sun god. Sugarcane, turmeric, betel, bananas, the traditional harvest crops of Thai (Tamil month in which Pongal falls), were also offered. The children participated in the celebrations and in the colouring of the kolam, the auspicious design, which is traditionally traced in white lime powder.

The Pongal festival echoes the richness of Tamil Nadu and is the harbinger for new hope and joy; celebrating this festival keeps the culture and ethos of the land alive in all, especially the children.



In Tamil, the word Pongal means **"overflowing"** signifying abundance and prosperity.



## BRIGHTENING SMILES

at Prayas Medical Centre

A free dental awareness camp was held at Prayas Medical Centre on 2nd February, 2017 to spread awareness about the benefits of good oral health practices. Dr. Shankar addressed the gathering and stressed on the importance of dental health while Dr. Ramalakshmi, the dental consultant, shared an awareness talk.

### Key Messages from the Dental Awareness Campaign

- Bacteria thrive on the residual food particles in crevices between the teeth that can be cleaned by proper brushing.
- Gargling after consuming coffee/tea can prevent the teeth from getting stained.
- The nicotine in tobacco causes cancer. Abstain from smoking, tobacco and betel nuts.
- Fingers should be used to clean a baby's teeth till the baby is two years old after which a baby brush should be used.
- Prevention is always better than cure.
- Initially, a tooth cavity can be filled. Later, root canal treatment can be opted for if the decay is beyond treatment, then it is advisable to extract the affected tooth.

Our teeth have to last us a lifetime playing important roles like helping us chew and digest food, talk and speak clearly and give shape to our faces. The focus of the dental camp was on how to improve dental hygiene. The talk being in Tamil helped the awareness campaign reach a wider audience. Dr. Ramalakshmi demonstrated the proper way to clean using a teeth model.



Mrs. Meena Subrahmanyam, the President of Prayas Trust, thanked the doctors and presented them mementoes. More than 40 people benefitted from the camp.

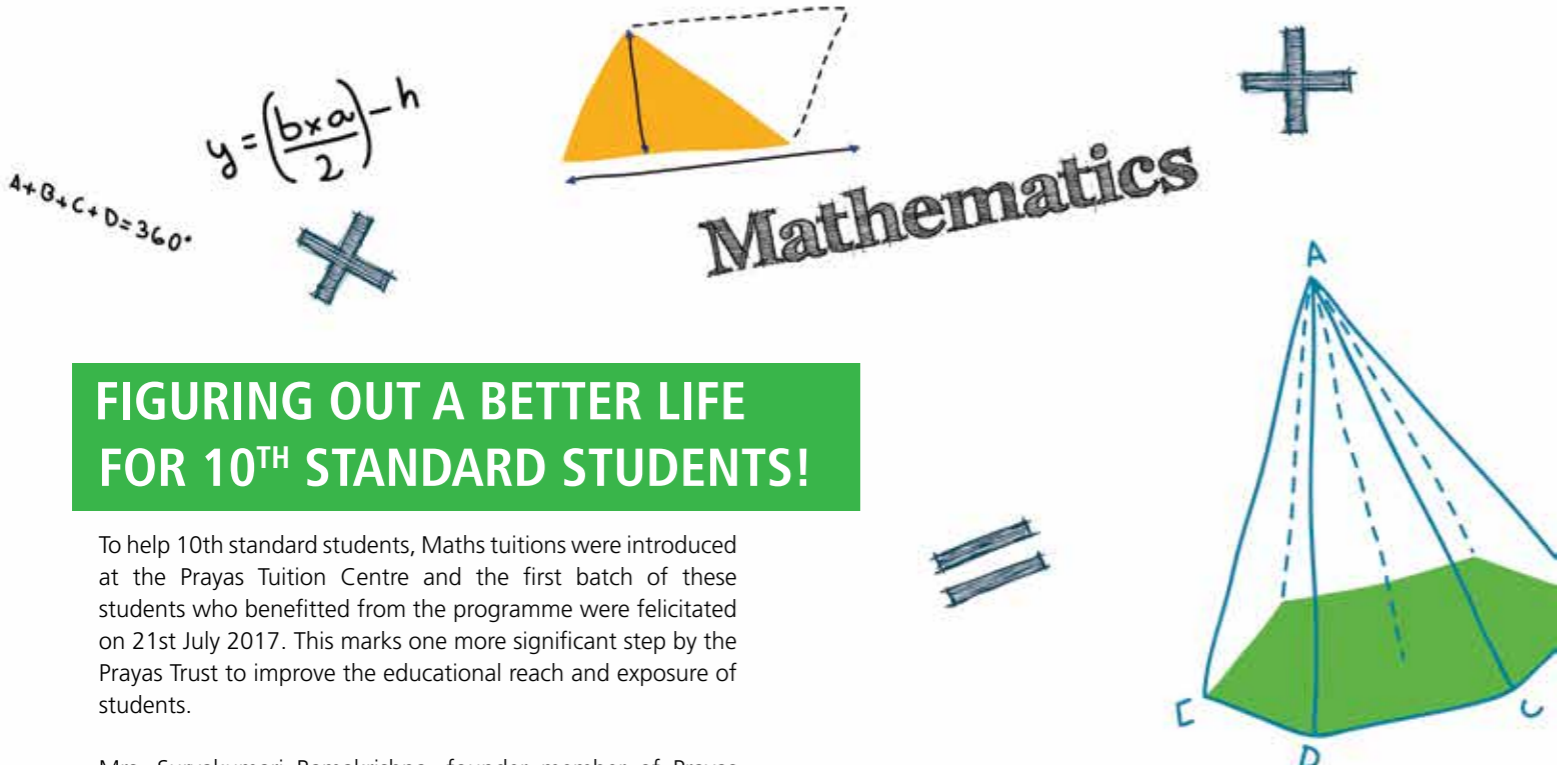
## A smile

is the prettiest thing you can wear.

### DID YOU KNOW??

- It takes **43 muscles** to frown and only 17 to smile.
- **61%** of us have been attracted to somebody by their smile alone.

Every time we eat or drink anything sugary, our teeth are under acid attack for up to one hour. It is recommended to change the toothbrush every three months.



## FIGURING OUT A BETTER LIFE FOR 10<sup>TH</sup> STANDARD STUDENTS!

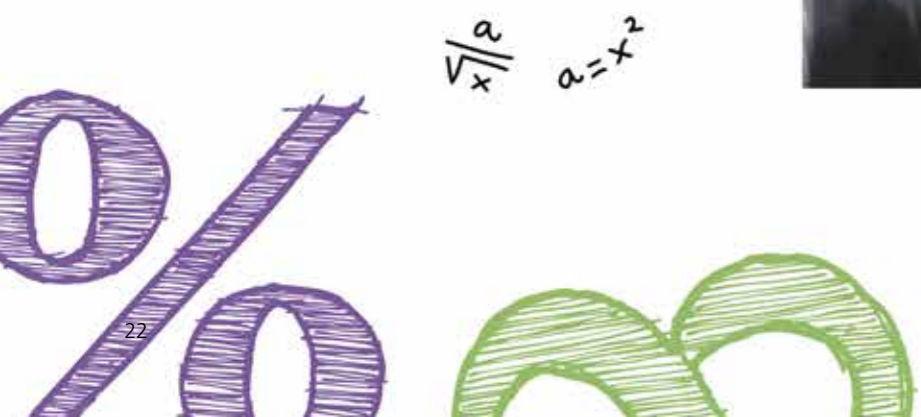
To help 10th standard students, Maths tuitions were introduced at the Prayas Tuition Centre and the first batch of these students who benefitted from the programme were felicitated on 21st July 2017. This marks one more significant step by the Prayas Trust to improve the educational reach and exposure of students.

Mrs. Suryakumari Ramakrishna, founder member of Prayas Trust, who is at once a role model and mentor to the students, sponsored school bags for all the outgoing students. She spoke of the efforts of the previous and the current office-bearers and members of the Prayas Trust to further inclusive growth of communities through education and health.

*The mind is not a vessel to be filled, but a fire to be ignited.*



Several members like Mrs. S. Rajalakshmi, Mrs. Ezhil Jayakumar, Mrs. Radhai Veerappan and Mrs. Krishnalatha spoke to the students and their parents on the need to focus on their dreams and the importance of hard work and perseverance to make it good in life. Apart from a hearty meal, the students received ample food for thought as well!



## LENDING A HELPING HAND TO THE 9<sup>TH</sup> STANDARD STUDENTS

*of Kolapakkam Government School*

The 9th standard students of the Kolapakkam government school were in for a pleasant surprise as the Prayas Trust organized tuition classes for them to help them fare better in their examinations. This is yet another of Prayas Trust's outreach programmes in government schools in aid of the students of economically weaker sections of the society who suffer from dearth of opportunities, lack of knowledge about educational and career choices available for them.



The tuitions helped immensely reflected in the marked difference in the academic performance of these students with a satisfactory tenth board result. To further encourage the children and kindle their interest in studies, Prayas Trust organized a function to felicitate twelve students for their exemplary performance. All the 9th standard students were gifted with geometry boxes and ball pens.

The Principal and teachers of of Kolapakkam Government School expressed their gratitude to Prayas Trust for their continued support. The office bearers and members of the trust who visited the school interacted with the students and received warm appreciation. The regular tuition teacher and other members of the trust who usually conduct classes were singled out for special praise.



*I touch the future. I teach.*





# A HEALTHY WAY TO BEAT THE HEAT

Beat the heat with buttermilk, our grandma's recipe for summer nourishment that cools the body and acts as an energy supplement; suitable even for diabetic patients. The Prayas Trust has been quenching the thirst of the public during the summer months by distributing buttermilk for the third consecutive year.



Mrs. Meena Subrahmanyam, President of Prayas Trust, inaugurated the healthy summer thirst quencher service on 20th April 2017 along with the office-bearers and members of trust. For 45 days, every morning from 10.30 to 11.30, buttermilk was distributed near the entrance of the Prayas Medical Centre to both patients and passers-by. Three hundred large cups of buttermilk was catered daily and rose milk was distributed to one hundred and fifty persons for 3 days.



## GNANADHARSHAN SEVA FOUNDATION FINDS A NEW HOME!



The Gnanadarshan Seva Foundation, which previously was functioning from a rented premises, found a new home at 'Rama Seetha Bhavan'. A house warming ceremony was held on 23rd January 2017 with homam to invoke the blessings of the deities. Rama Seetha Bhavan has four floors with the office on the ground floor. The first floor houses the computer room while the kitchen and dining hall are on the second floor with the dormitory on the third floor.

The Rama Seetha Bhavan is a result of the fruits of the commitment and generosity of several individuals. Mr. C. Sundaresan, the founder of Gnanadarshan Seva, introduced all the well-wishers, philanthropic individuals and organisations and honoured them with mementoes.



Mrs. Meena Subrahmanyam, the President of Prayas Trust, along with other dignitaries who funded the land, unveiled the plaque featuring the names of the donors. The Bhavan was designed by L&T which also helped procure the construction materials. The President and office bearers of Prayas trust, have made significant contributions to the construction of the Bhavan. A large sum was donated by Mrs. Krishnalatha Sharma, a member of Prayas Trust.

Gnanadarshan Seva works for the progress of visually challenged women. The function ended with a delicious feast hosted by the Seva.



*If you have built castles in air,  
Your work need not be lost;  
That is where they should be.  
Now put the foundations under them.*

*- Henry Thoreau*

*Individual commitment to a group effort :  
that is what makes a team work, a company  
work, a society work, a civilization work.*



## ALL WORK AND NO PLAY



*The ability to play is essential  
to being **creative**.  
It is hard to beat a person  
who **never gives up**.*

Sports Day for the tuition centre students was conducted by the Prayas Trust on Sunday, 26th February 2017 at Narayana Babu Vidyalaya School (located just behind the Prayas Tuition Centre).

The event began with an invocation song rendered by Mrs. Chandra Mohan. Adding vibrancy to a day of fun were the members of the NGO "Colours 2 Life" who conducted creative games like completing the picture of a cricket match drawn on the board. The games were categorized according to age and participants included students, teachers and members.

The prize distribution ceremony held in the evening was presided over by Mrs. Meena Subrahmanyam. Prizes for contests held earlier as a part of Children's Day, were also distributed. Ms. Padmavathy of standard 9 received the best student award and Ms. Praveena of the same class received the best performer award in academics.

Refreshments were served to all present.



## GLIMPSES OF PRAYAS SUMMER CAMP SUMMER FUN & FROLIC



## 40 GIRLS GET BETTER SANITATION FACILITIES

at the Porur Government School

The Porur Government School for boys has a higher secondary class for girl students of a specific stream with a strength of 40 girls while an exclusive girls' school functions in another building.

The Prayas Trust sponsored the construction of toilets for 40 girl students. The poor state of the girls lacking toilet facilities and suffering from health issues due to insufficient water intake was brought to the notice of Mrs. Rajini Kanappan, one of the trustees, who represented this to the other Trustees. Unanimously, they agreed to construct closets and urinals in the school. A cycle stand to park the cycles of students safely has also been provided by the Trust.



The Principal and Mr. Natarajan, the PTA President praised the efforts of the Trust in providing sanitation facility to the girls. The Principal thanked Mrs. Meena Subrahmanyam, the President of Prayas, Mrs. Ezhil Jayakumar, the Secretary and Mrs. Rajini Kanappan, the trustee. All members present were honoured and presented shawls.

*She is clothed in strength and dignity, and she laughs without fear of the future.*



## SKILLING PRAYAS MEDICAL CENTRE EMPLOYEES



Employees of Prayas Medical Centre attended a basic Life Support Provider Course for a day at TACT Academy which will enhance their skill in providing CPR, managing victims of choking, providing effective chest compressions and using Automated External Defibrillator (AED) safely and effectively. Prayas Trust will continue to provide such training opportunities to its staff in the forthcoming periods for their skill development.

TACT Academy for Clinical Training offers standardized and customized short-term courses for healthcare professionals.

## LET'S TALK OUT OF DEPRESSION



Commemorating the World Health Day on 7th April 2017, a Health Awareness Programme was organised by HelpAge India which was attended by Mrs. Sumati Ramakrishnan, one of our senior members. In an inspiring speech, she gave thought provoking insights on the theme of the day, 'Depression, Let's talk' for which she was honoured.



## HAPPY WEDDING BELLS



Prayas Trust sponsored the marriage of Ms. T. Mahalakshmi, who comes from an underprivileged background, with Mr. N. Venkatraman from Chennai who were referred by Mr. M. Radhakrishnan of Nilacharal Trust. The Trust sponsored the bride with some basic household necessities.

## TAKE CARE OF YOUR BODY.

*It is the only place you have to live in!*

An exclusive Women and Children Health Camp was conducted by Prayas Trust on 1st April 2017 at the Prayas Medical Centre. Several speciality doctors were keynote speakers at the camp.

Dr. Shankar welcomed the gathering and spoke about women health issues, the primary concern surprisingly being anaemia. He lauded the efforts of the Prayas team in conducting health camps.

Dr. Meenakshi, Paediatrician spoke at length about the respiratory problems faced by today's children and their remedies. One of her child patients demonstrated the correct use of the 'inhaler'. She also addressed concerns regarding seasonal flu and fevers.

Dr. Vijaya, Obstetrician and Gynaecologist shared on the art of parenting and dwelt on the gynaecological concerns of women and girls attaining puberty.

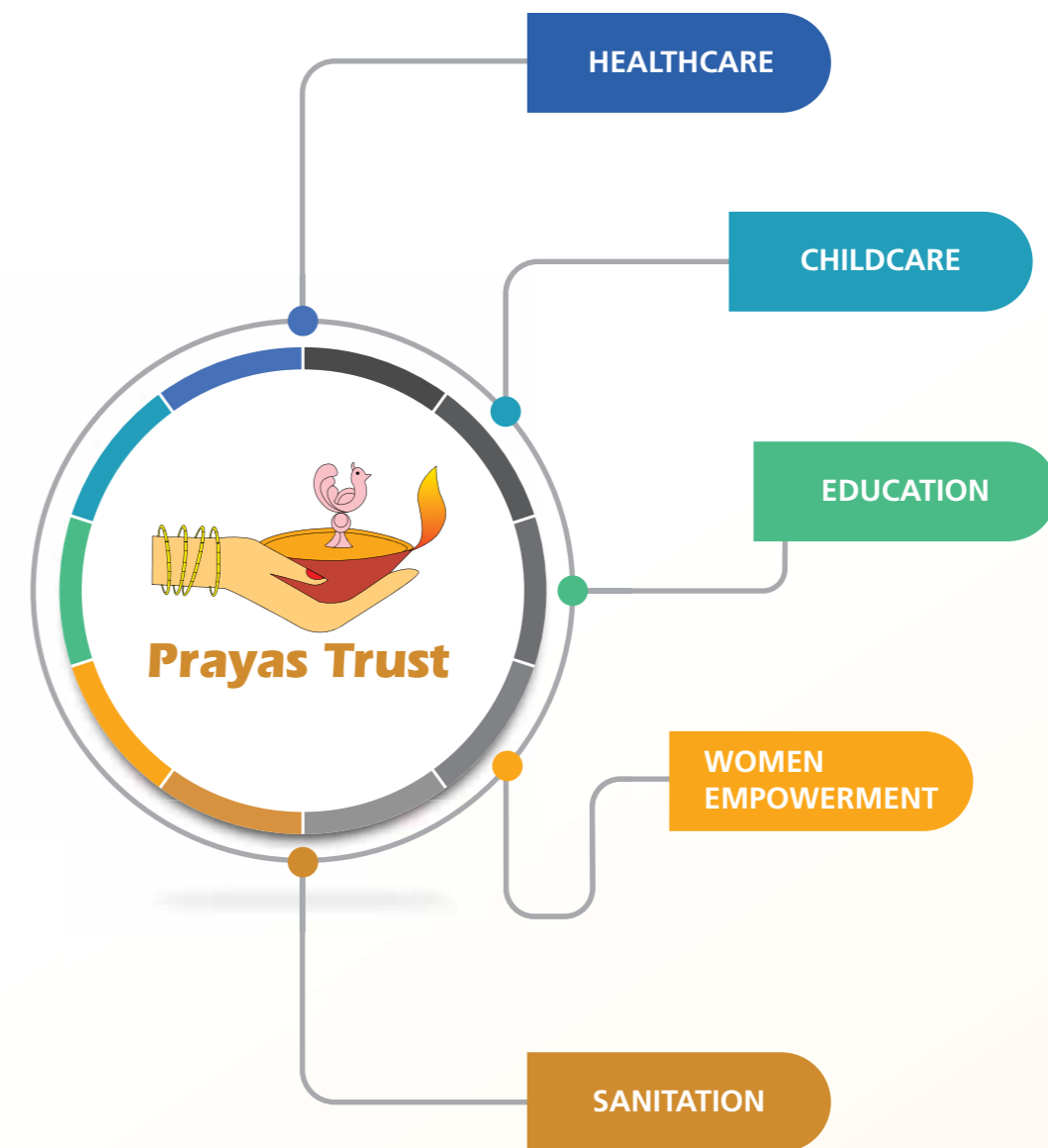
Dr. Priya, Physiotherapist also shared her expertise with the audience. Mrs. Rajini Kanappan, delivered the vote of thanks.

**52 benefitted from the health camp.**



*True health care reform starts in your kitchen.*

## DONATE TO PRAYAS TRUST AND MAKE A DIFFERENCE!



***"We make a living by what we get but we make a life by what we give."***

Make a life meaningful, even a small contribution towards any of our causes will go a long way in helping someone, If you are interested, reach out to us at **044-2815 4632** or mail us at **prayastrust@gmail.com**

Donations to PRAYAS TRUST are exempt u/s 80G of Income Tax Act, 1961



## PRAYAS MEDICAL CENTRE IS ISO CERTIFIED!



thank  
you

*for being part of our journey  
& helping us achieve this milestone*

**EDITOR** - Vinod Jacob Chacko | **ASSOCIATE EDITOR** - Namitha Jayanarayanan

**CONTENT ASSOCIATES** - Kalaivani Rajavel, Sathya Ravichandran, Ezhil Jayakumar, Chandra Mohan

**EDITORIAL TEAM** - S. Gopi Kannan, Ashwin Chand | **PHOTOGRAPHY** - V.S. Natanavelu, R. Saravanan

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