

## Flourishing in the Tansa Valley



*A happy orchard farmer at Lendi Pada showing us some of the fruits of his labours*

### From The Chair

Dear PRASAD Australia Friends,

My March 2013 visit to PRASAD Chikitsa and the Tansa Valley was inspiring, primarily because I had the privilege of visiting with local women and men who are confidently and courageously taking their destiny into their own hands.

Women, training to become outreach workers or Aarogyavardhinis, (Bringers of Health) spoke of how happy they are to have learned how women's bodies work. They spoke of newfound confidence as they share their knowledge with other women and, when necessary, encourage those women to seek medical services from PRASAD Chikitsa facilities and from primary health care centres.

Farmers are growing organic tomatoes, corn, beans, flowers and so much more.

With support from PRASAD Chikitsa, they are sharing their new expertise and successes with other farmers. To see these patches of productive green brightening the dusty Valley landscape was itself a visual feast.

There are many active Self-Help Groups; women run most of them and they are getting more entrepreneurial by the day. As a result, one village has a new temple, which is also a meeting place for villagers. Another group makes and sells small, efficient, smokeless stoves and other groups have purchased gas stoves, which they hire out for celebrations. Women's groups are also undertaking organic vegetable farming.

At the Anukampaa and Family Health centres and at the HIV, dental and eye clinics, we continue to build on the huge efforts that established those programs in the past. Long-running milk and nutrition programs plus the Shree Muktananda mobile clinic (the bus) are thriving, and over 75 children participate in the Arts and Crafts program.

*continued . . .*





# Empowerment Through Training

PRASAD Chikitsa's work evolves over time, as it should, while the focus on empowering the Adivasi people of the Tansa Valley is stronger than ever. Financial support via PRASAD Australia really helps this work to grow and expand, so please share this newsletter with your friends.

Thank you for your past donations which help PRASAD Chikitsa in its important work. Donations made via PRASAD Australia over \$2 are tax deductible.

Margaret Conley  
Chair, PRASAD Australia



Margaret Conley, left, and PRASAD global leadership at The PRASAD Project Joint Meeting held in March 2013, India



An Aarogyavardhini woman making a presentation



Empowering women at a Self-Help Group at Chodgaon

## LEAVING A LEGACY

Have you considered nominating PRASAD Australia as a beneficiary in your will? This could be in the form of money, gifts, or a percentage of the assets of your estate. Please contact Peter Speakman, PRASAD Australia director and the board's legal advisor, for ways to do this. Thank you.  
e: [speakman@speakman.com.au](mailto:speakman@speakman.com.au) tel: 03 9822 8611

The PRASAD Project was initiated in 1992 by Gurumayi Chidvilasananda, the spiritual head of the Siddha Yoga path. PRASAD is a philanthropic expression of the SYDA Foundation—the central organization for the Siddha Yoga path. PRASAD's humanitarian work is based on the core values of Siddha Yoga: selfless service, enduring commitment, and respect for all people, regardless of their race or belief.

© 2013 PRASAD Australia & The PRASAD Project. All rights reserved. (Swami) CHIDVILASANANDA, GURUMAYI, SIDDHA YOGA are registered trademarks of the SYDA Foundation.

PRASAD Australia • 231 Grossmans Road Torquay Vic 3228 • Tel: 03 5261 5526 • [prasadau@internode.on.net](mailto:prasadau@internode.on.net) • [prasadaustralia.org](http://prasadaustralia.org) • ACN 099 466 654  
The PRASAD Project NGO in Special Consultative Status with the Economic and Social Council of the United Nations

Here is my donation (please tick): ☐ \$200 ☐ \$20 ☐ \$50 ☐ \$300 ☐ \$30

or \$ \_\_\_\_\_ Donations over \$2.00 are tax deductible

☐ My cheque/money order is enclosed

Make cheques/money orders payable to PRASAD Australia Relief Fund

or Please debit my:

☐ Mastercard ☐ Visa

Card No.

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Signature \_\_\_\_\_

Expires   /

## My gift to PRASAD Australia

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Please send me more information on:

- ☐ How I can become a regular donor  
☐ Applying to become a member  
☐ Leaving a bequest to PRASAD Australia  
☐ PRASAD Australia

### PRIVACY STATEMENT

Details you supply to us are entered into the PRASAD Australia database. We adhere to the Privacy Act. We do not disclose your information to third parties.

Thank you for your support!

PRASAD