



The Philanthropist

Transforming Lives

December 2022

Global Pragathi (Global Progress)

Pragathi Welfare Society (Sister Concern in India)

www.globalpragathi.com
globalpragathi@gmail.com

Matching Grants 1:1

Tax ID 37-1648736 (USA)

Donate

(Paypal)

Pragathi Welfare Society
(India - 80 G, 12 A, FCRA approved)

DONATE IN INDIA ONLINE:

Pragathi Welfare Society

A/C: 50100032120624

IFSC code: HDFC0002826

MAIL CHECK:

Plot Number 47, HUDA Heights,
MLA Colony, Banjara Hills,
Hyderabad—34, Telangana, India

***We Work Hard for Poverty
Alleviation Through:***

- **Education Improvement**
- **Women Empowerment**
- **Youth Employment**
- **Preventive Health Care**
- **Community Involvement**
- **Infrastructure Improvement**

OUR CORE VALUES

**Compassion, Peace, and Progress
beyond Race, Caste, Religious,
Gender, Political, and Socio-
Cultural Divides**

Showcasing Our Efforts in the US

The Homeless and Needy Veterans

During the Stand Down event in 2022, volunteers distributed 300 backpacks consisting of toiletries, warm socks, gloves, caps, blankets, sleeping bags, and hand warmers. We have also been providing food, gas, transportation and other supplies to the homeless and poor non-veterans.

There are over 500,000 homeless in the US, out of which around 40,000 are veterans. About 1.5 million other veterans, meanwhile, are considered at risk of homelessness. Given this abysmal scenario, Global Pragathi has been collaborating with several area organizations and doing its bit to support the Veterans and other homeless and needy people. One way we help out is by conducting a Virtual Walk program in the whole month of October every year to raise money for Veterans.

We have made a fresh resolve to extend these services and benefits to more homeless and needy in the US.

Preventing Non-communicable Chronic Diseases “Prevention is Better than Cure”

Over the last decade, we have been actively promoting a healthy lifestyle globally. Several awareness programs have been organized. Newspaper articles have been published and collaborations have taken place. We have organized several walks and runs.

Starting in 2015, we organized a 5K Holi Color walk. Health Strides was a monthly walking program in the community. Poker Walk was started in 2018. All three programs had to be shut down because of the pandemic. However, a very nice program of Virtual Walk emerged during the pandemic in 2020. In 2022, there were 690 participants completing over 53,000 miles cumulatively.

We are in the midst of an obesity pandemic. The International Obesity Task Force estimates that about one-third of the global population is overweight. Several studies have found an association between obesity and disorders of the heart, brain, joints, stomach, and liver, cancers, high blood pressure (HTN), and diabetes (DM) now known as chronic non-communicable diseases (NCDs). The only cost-effective solution to this

Holi 5K Run, Virtual Walk & Poker Walk



POKER WALK
For Veterans Obesity Awareness

Join us for a 2K or 0.2K Walk
Saturday, Sept. 8, 2018
10am - 1pm

To be held at:
VFW Post 9927
3316 Wilmington Pike
Kettering, OH 45429



Editor: Dr. D. Samarender Reddy
Co-Editor: Mr. Ajay Jindal
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complex global problem, a result of several factors, lies in increased activity and a healthy diet. We educate communities on the preventable link between unhealthy lifestyles and NCDs. We support all other individuals and organizations in their endeavors to deal with this global pandemic.

“Thank you, PRAGATHI” - Building Bridges

Since 2020, PRAGATHI has been a companion to Building Bridges (BB) in helping reach underserved young people and families in Montgomery County. PRAGATHI has donated over 20 refurbished desktop computers to help establish a computer lab in West Dayton where our young people can go after school for assistance with homework, literacy, job skills, employment, programming, and tutoring. Furthermore, PRAGATHI has assisted in implementing a yoga class to teach our young people ways to meditate and cope with trauma, anger, and depression. Last year, the organization sponsored several kids for the adopt-the-kid-for-Christmas program. This year, the organization will donate blankets to our transient families and those in need.

Global Pragathi & Dayton Wolverines Track Club

8 December, 2022

Hello,

The Dayton Wolverines Track Club is a Community Organization that promotes health and wellness in the Miami Valley. We teach 5-18 year old boys and girls the fundamentals of Track and Field. The athletes learn coping and social skills through Mental, Physical and Spiritual Fitness. We produce Champions. Athletically we Excel. When we met The Agrawals, Dr. Alok, Dr. Sangeeta and Global Pragathi, our whole team dynamic changed.

First Dr. Sangeeta provided tutoring for our athletes. We met once a week at the Downtown Dayton Library, and during Covid we had virtual tutoring. That provided help for the athletes that were struggling with grades and school work. A majority of our athletes improved their grades right away. It was just what the Dr. Ordered! The Global Pragathi then set up a scholarship fund to help our athletes that needed financial assistance. Every summer DWTC & Global Pragathi hold a presentation, and our graduating seniors are awarded a monetary scholarship to help them further their education. It has been a great relationship. With tutoring and monetary assistance, our program has gone to another level because of Global Pragathi. We look forward to Helping Them as They Help us. Win Win.

Sincerely,

Coach Keith

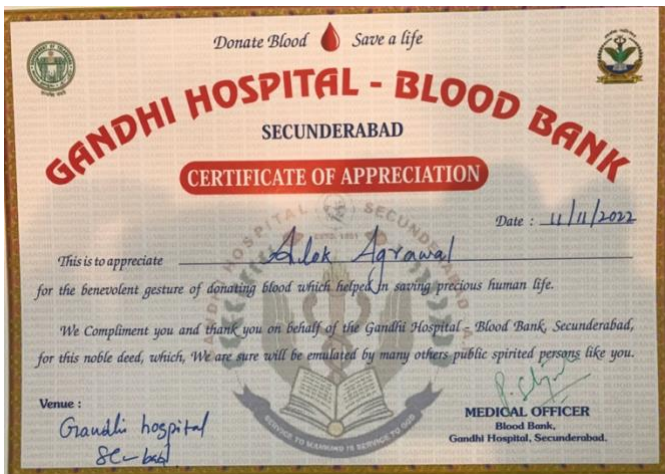
Season of Giving—Happy Holidays
MAKE A DIFFERENCE.
DONATE TODAY.

Bring smiles to the faces of the underprivileged

Recognitions and Awards



Recognized on October 18, 2022.



A regular donor of blood, he was extremely happy to donate blood in his alma mater Gandhi Medical College, Hyderabad, India.

Past Issues of 'The Philanthropist'
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