

suhrid foundation

Newsletter (Oct 13 – May, 14)

Dear friends and well-wishers,

We once again thank for your on-going support and the encouragement we get from your support to Team Suhrid.

We had set up certain goals at the start of this year, which included improvement in kids' health, introduce hygiene in daily life and support to education. We exceeded the expectations due to great support from our donors, teachers and the villagers. The highlights section reflects the achievements.

We started with certain objectives and budget in mind. However, during the course, we realized more and more practical requirements (Floaters, water purification, Education support to encourage more kids to join the schools), which made us go beyond the budget. We would like to thank all our well wishers to donate substantial amount which we could use for the unplanned but extremely important requirements. Big thanks for supporting the cause.

The schools teachers, who are associated with us have made us reach to new heights. They are the link between us and the kids. Welfare of the kids is the only motivation for them, which made them go beyond their limits to help us. Hats off!!

The real stars are the 500 odd kids. They blindly trusted their teachers and us to follow all the instructions and cooperated to the fullest. They attended all the camps, fully cooperated during tetanus treatment or blood sampling. The transformation in the kids in the form of their health, behavior, appearance or hygiene marks our success.

The bar has already been raised. We would like to challenge ourselves to exceed the expectations with the support from all of you.

Thanking you,
Team Suhrid



Highlights

- **Number of schools increased from 1 to 8 this year**
- **Number of students increased from 40 to 510**
- **6 Medical camps in one year**
- **Launch of SUN project across the 8 schools.**
- **Sports Material / Books to all the schools**
- **Tetanus Injections to All the kids**
- **Launch of water Purification projects**
- **Deworming campaign for 500 + kids**
- **Infrastructure projects at three schools**
- **Computer Distribution**
- **Distribution of floaters to 500+ kids**
- **Launch of Hygiene and grooming project**
- **Advanced Treatment of the kids in Mumbai**
- **Phonics Workshop for teachers at Mumbai**

Do what you can, with what you have, where you are. - Theodore Roosevelt



Dr Lipsa Shah checking up kids



Dr Swati Govilkar examining the patient



Dr Archana examining a girl student

Protein Enrichment

In the first phase of our Nutrition program, we added Green vegetables and Jaggery to cover for the Vitamin and Iron deficiencies. Based on the findings of the camps (more than 50% kids had protein deficiency), we further introduced eggs in their mid-day meal from Jan, 2014, which showed good results within 3 months.

School Kids Follow up Camp, March, 2014

After the 20th Oct, 2013 Camp, doctors came out with the specific plans, based on the findings. The key points were

- Inclusion of Protein in the diet.
- Increase intake of Purified water.
- Provide Floaters to the kids.
- Parents awareness session

We added eggs in the existing nutrition plan from Jan, 2014. Parents' awareness sessions, Water purification and floater distribution were carried out between Dec 13 and Feb 14. [Reports for each are attached in the newsletter]. The follow up camps to verify the progress were carried out in three batches.

1. Kaspada, Talyachapada, Nandelpada: **8th March, 2014**
2. Palavpada, Bahirampada, Anantpur: **22nd March, 2014**
3. Guravpada, Janathepada: **29th March, 2014**

Apart from the complete checkup, we introduced complete blood test for the kids. Due to lack of awareness of the blood sampling, we were expecting maximum 50% participation. However, almost 100 % kids participated in blood camp due to encouragement from their teachers. The camp covered almost 500 tribal kids

The findings

- Significant improvement in most of the kids in terms of hygiene, nutrition and deworming.
- Eosinophilia, Iron deficiency or combination of both in some kids.
- Eosinophilia was the result of incomplete de-worming. Though the kids took the 6 months dosage of de-worming, due to various reasons such contaminated well water or negligence at home, some kids could not get rid of worms. Hence, for the kids with Eosinophilia advanced de-worming has been recommended.
- Towards the Iron deficient kids, folic acid supplements were recommended.

Apart from providing the medicines, Team Suhrud distributed floaters for each kid to prevent injuries and worms. The results were quite encouraging due to the well-designed action plans by the doctors and flawless execution by the teachers. However, we still need to work closely with the parents to ensure that the good practices are exercised at home as well. We examined almost 1600 persons (300 adults + 1300 kids) in Six camps, managed by 5 doctors, 50+ volunteers and 15 teachers this year.

Advanced Treatment at Mumbai

Our doctors have been able to address common problems of the tribal kids during the camps itself. However, in case of some complex illness, it was essential to get the advanced treatment done in Mumbai. Suhrud foundation arranged for the visits of the kids with their parents and teachers to Mumbai on 1st and 15th Feb, 2014. Dr Bharat Jobanputra (ENT Specialist), Dr Deepa Kanchankoti (Dermatologist), Dr Rashmi (ENT), Dr Neeta Jagad (Pediatrician) and Dr Ruvit Nikam offered their services for the same.

- Three ENT patients (one with eardrum perforation) went through audiometry test before going through comprehensive ENT examination. Two of the patients got immediate relief from the infection. Kid with the perforated eardrum would be operated once he is 10 years old.
- Skin specialist identified severe fungal infection. The patient was asked to consume lot of water and maintain good hygiene apart from providing the medicines.
- Dr Ruvit Nikam examined the case of a kid with congenital cataract with extremely sophisticated instruments. He was never examined before. Doctor has provided the complete report and the course of action.

Apart from getting the medical attention for the kids, we have been able to win the confidence of parents, who were reluctant to come forward for advanced treatment. These cases would be used as examples to encourage other tribal kids in future.

Supporting Cleanliness

In the absence sufficient Aid, the schools did not have right set of items to maintain the cleanliness. In order to provide clean and hygienic environment in the school, we funded the purchase of Brooms, Mops, Drums, Buckets, Mugs, Floor mats, Dustbin, Phenyl etc.



Dr Jobanputra checking patient in Mumbai



Dr Nikam checking patient in Mumbai

Future Course of Action

- Add two more schools (100 Kids) by Sep, 2014
- Conduct Medical Camp for Schools in Oct, 2014
- Workshops on the Hygiene/ Personal grooming
- Provide Tie, Belt, Identity Cards slates to the students.
- Advanced treatment (Congenital Cataract)
- Provide containers – Safety of grain from insects
- Plantation of Ayurvedic plants (Medicinal Values)
- Tie-up with NGOs (Goonj)

Parents Meet

In the first leg of this academic year, team suhrid focused on including more schools, launching nutrition project for the kids, provide sports material/books, deworming and conducting medical camps. After rolling out these projects, the next important step was to meet the parents. Out of 365 days, schools are open for maximum 210 days. Even if consider 2 meals a day, out of $365 \times 2 \sim 730$ meals, Suhrid Foundation would be able to manage only 210 meals. Hence, it was very essential to educate parents to adapt the good practices, which we had started in the school.

Team Suhrid covered all the schools between Dec 29th, 2013 and 23rd Feb, 2014. The attendance was outstanding in each meeting. Team Suhrid had already spent almost 18 months in this area. Hence, we requested teachers to provide the complete background and contribution by us to the parents. This was followed by - we bringing out the expectations towards the well-being of the tribal kids. Parents were informed about the approach, steps taken and the expectations.

How did Suhrid Foundation Approach?

In the several camps conducted, Suhrid foundation identified following problems, which needed immediate attention.

- Though the mid-day meal was available, but it did not have essential vitamins, protein and minerals.
- Lack of calcium resulted in most of the elders having bow legs and joint related pain.
- Inappropriate hygiene and unavailability of pure water resulted in kids getting worms, which did not let the nutrients to be absorbed in the body.
- Most of the kids don't drink enough water, which result in skin related problems.
- Skipping meals during holidays or in the absence of parents was another problem, which used to result in consistent weight loss.
- Body-ache, burning feet, Tingling sensation, eye problems, stomach-ache etc were very common amongst the kids.

Steps taken by Suhrid Foundation

- Launch of SUN (Nutrition enrichment program). We introduced and sponsored green vegetables and Jaggery in their mid-day meal to improve the



Team addressing parents at Guravpada



Team awarding achieving students

- Vitamin and Mineral. There was marked increase in their appetite after the launch of SUN, which was reflected in their weight/Height, studies and performance in the sports meets.
- Having improved the Vitamin and Mineral, Eggs were introduced in Jan, 2014 towards protein enrichment.
- Six months course of de-worming for all the kids.
- Provided Steel tanks to the school to store purified water. We provided filters, alum and chlorine tablets to purify the water.
- Team Suhrid started "Petty Cash" project, wherein the money was used by teachers to but nail-cutters, soaps, oil, Dettol, powder, comb, mirror etc which helped in improving personal hygiene and individual grooming.
- Parents were informed about the "floater" project to protect the kids getting worms through foot injury

Parents Meet (Continued)

Teachers also informed the parents that team Suhrid has not only restricted itself to meals and medicines. They have worked on the overall development of the kids. Each school has been provided with sports material and books. The results are quite evident in terms of their attendance, appearance and results in class as well as sports meet. As per the teachers, the biggest achievement is that the kid wants to remain neat and clean. They don't want to come school unless their parents give them clean dress. Since these habits are getting developed in the kids, these would last even if they are not under any supervision.

Expectations from the Parents

Parents were informed that kids spend only 8 hours a day and 220 days in a year with the teachers. We observed that the kids lose lot of weight during the vacation since they don't get the nutritious meal or the normal meal in the adequate manner. Hence, we listed down following items for the parents, which would ensure good health of the kids.

- Maintain the right attitude and spirit. All the parents suffer various physical ailments at this age since they were not taken care properly. They should pay attention to their kids' health to protect them from ailments, which they have been going through.
- Kids should get full meal at home. Even if they are not able to provide completely nutritious meal, the kids should not sleep empty stomach.
- Kids should drink lot of water. Also, the water should be purified.
- Kids should have good habits such as cleaning teeth, bathing, cleaning hands/feet, applying oil, wearing clean clothes etc.
- Kids should be wearing sleepers.
- Kids should take de-worming medicines when the teachers are on vacation.
- They should inform teachers, if they find some abnormalities in the kids' health.
- Suhrid foundation is sponsoring all the expenses. Hence, parents are not expected to spend money. However, if some help is required in the construction work, then they should help.



Team addressing parents at Bahirampada



Team addressing parents at Nandelpada

Impact of Suhrid Foundation

Suhrid foundation initiatives created visible impact in kids' health. At the same time, quite a few significant changes were observed in last six to eight months in other areas as well

- In some of the areas, villagers – who used to grow and sell the vegetables in the market, started providing the same to the schools at throw away price after attending Suhrid foundation meeting.
- In one of the schools, 2.5 Kg of rice was sufficient for 35 kids. After the introduction of SUN, they had to use 4.5 to 5 Kg of Rice (with zero wastage)
- Kids would spend extra hours to ready the books and use the sports material provided by us.
- Increase in the kids getting into 1st standard.
- Requests from other teachers in Vikramgad area to include their schools.

Other New Initiatives

Floaters Distribution

After the 20th Oct, 2013 camp, doctors advised to make the kids wear the floaters or sleepers. Almost all the kids used to be bare-footed, which used to result in damage to the roots of the nerve and probability of getting injuries/ worms. We distributed more than 500 strong floaters for all the kids.

Infrastructure

As a part of our overall objective, we want to improve the environment at the schools as well. In this direction, we sponsored a sturdy gate at Palavpada Anantpur, which would help them have good plantation and flower garden. Similarly, we sponsored the support wall for Bahirampada, wherein the foundation was on a slope. Now, both the schools are in better shape in terms of the appearance and safety.

Water Purification

The kids in these tribal villages are quite vulnerable against the waterborne diseases. Impure water result in kids getting worms. At the same time, lack of water results in lot of skin infection. In the long run, we are planning to work at larger scale on this subject. As an immediate relief, we provided extremely good quality large steel tanks to each school. Water goes through three level of filtration. It is filtered through the muslin cloth, which is followed by alum treatment. The final step deals with chlorination to kill the bacteria.

Felicitation of the Winners

Except for the two schools, rest of the schools have classes up to only 4th standard. Despite of that, the kids participated in various sports events at the center level, wherein the seniors kids (7th or 8th std) were participating in the games. Despite of that, these kids performed exceptionally well and Team Suhrid decided to felicitate the participants in the presence of their parents. Team Suhrid provided them with compass box and colorful sketch pen set.

Talyachapada and Kaspada kids went to a one day educational trip cum picnic to Dahanu Beach. We asked kids to write essay on their trip and the top three from each school were given prize. Interestingly, youngest kids expressed themselves much better.



Kids flaunting their new footwear



Retaining wall at Bahirampada



Kids being felicitated

Phonics Workshop at Mumbai

Suhrid Foundation has been working with schools for almost 2 years now. In this area, we have worked towards supporting teachers with different teaching aids – which includes support of Computer, Educational CDs, Books in the library etc. In an effort to go next level in making teaching more efficient, interesting and modern techniques, Suhrid Foundation roped in another Samaritan and expert in the education field of Phonics – for English reading and speaking.

While our supported schools are Marathi medium schools, they do have English as a part of their curriculum. Using the phonics (a technique which their counterpart students in urban areas are using last few years) would help students speak and read English faster. Schools were closed by 15-Apr, teachers were still in schools finishing administrative work before their vacation. This is generally the best time for training and upgrading their skills.

Team of teachers – eleven of them – traveled to Kandivali, Mumbai – where it was arranged. Teachers travel arrangement was made by Suhrid Foundation. Ms Krishna Sheth, Phonics expert - working in the field for last 6 years – has willingly accepted a request to teach teachers of schools supported by Suhrid Foundation. She has also shared her teaching course material. Team Suhrid has shared photocopies to all the material to all 8 schools currently supported. Team Suhrid is very thankful to Ms Krishna for her support to the cause.



Phonics training



Phonics training implementation in school

How to Donate: Suhrid Foundation is an honest initiative to provide support to children. As a first year project, Suhrid Foundation is focusing on children suffering from eye-cancer/Retinoblastoma. With the support we have received from all good Samaritans, we are confident that thousands of underprivileged children and their families would have support in difficult times while dealing with such a deadly disease.

Cheque payment: Make the cheque payable to **Suhrid Foundation** and post it to: Suhrid Foundation, D/704, Panchsheel Heights, Mahavir Nagar, Kandivali (W), Mumbai 400067, India

Bank transfer

Bank: **AXIS Bank,**
 Branch: **Asarwa (Ahmedabad),**
 IFSC Code: **UTIB0000449**
 Account **912010026618570**

About suhrid foundation

Suhrid Foundation is an Indian Non-Governmental Organization registered under section 25 of Companies Act. **Our Vision is to create a happy, healthy, and secure environment for the underprivileged children. Our initial Mission is to provide Financial, Medical and moral support to the children suffering from Retinoblastoma (eye cancer).**

Our Inspiration: Dr. Suhrid Tembe (29th Nov 1961 – 15th Nov 1993)

Born in Sangali to a Maharashtrian family, subsequently moved to Jamanagar, Gujarat. Dr Tembe did his schooling in St Xaviers and completed his medical studies in M. P. Shah Medical College, Jamnagar and worked as Asst Professor at Irwin Hospital, Jamnagar in the Department of General Surgery. The superb surgeon within him made him serve the poor and suffering patients endlessly for days together, losing count of his health, food and rest. A bold surgeon, he was always on his feet, had an eagle's eye and a lion's heart, but yet was soft-spoken and sympathetic.

To continue his rigorous efforts of helping needy patients, a small entity is formed by few friends and family. "Suhrid" – a friend (as Lord Krishna was addressed in *Shrimad Bhagwat Geeta*) – was found to be the most apt name for such an

Contact Us

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There is no greater joy nor greater reward than to make a fundamental difference in someone's life.

— Mary Rose McGeady