

suhrid foundation

Newsletter (June 14 – Oct 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 completed last academic year on successful note, wherein we could include almost 500+ kids from 8 schools and roll out various projects successfully. The challenge in this year is not only to maintain the standard, increase the breadth but also to take the initiatives to the next level.

We started this academic year with the inclusion of two new schools (Khandeghar & Toplepada). We started many new initiatives in last few months, which include distribution of slates to all the new kids, distributing the saplings of medicinal plants, distribution of ties/belts/ribbon/ID-card holder to each kid, awareness session for the girl students on gynecological problems during the adolescence at Ashram Shala, Dadade etc

We could successfully launch the project of providing the purified water to the kids last year. However, in the absence of proper storage and distribution mechanism, managing cleanliness, gardening, washing utensils and drinking are still quite challenging. Teachers still have to rely on getting the water either through well or bore-well, which is quite taxing. We would have our first project launched at Kaspada, wherein we would have complete facility of automated extraction of ground water, transmission, storage and distribution. This would help in maintaining cleanliness in class, kitchen and toilet. It would help in gardening and washing utensils. Successful launch of this would be a big milestone and we would be able to replicate the model in all the other schools.

Team Suhrid is very pleased to inform that this initiative of ours has been **certified from Income Tax for tax exemption under section 80G**. All donations (with effect from 15-May-2014) to Suhrid Foundation are exempted from tax u/s 80G of IT Act.

Thanking you,
Team Suhrid



Highlights

- Inclusion of Two New schools
- School count – 10, Students count – 631
- Tie up with Goonj – NGO
- 80-G clearance – Tax exemption
- Distribution of Slates to new kids
- Distribution of Ties, Belts, Ribbon, ID-Card Holder
- Plantation of saplings with medicinal value
- Two medical camps in Sep/Oct
 - Examination of 617 kids
 - Tetanus for 175 Kids
 - 51 kids identified for advanced treatment

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

Medical Camps, Oct - 2014

Team Suhrid conducts two sets of medical camps of in a year. First is conducted in the month of Oct. The follow up camp is held in March to review the progress. We organized the camps at 4 different locations on two different dates (27th Sept and 11th Oct). We covered 617 students from ten schools during the camps.

Date	Venue	Schools	Students
27 th Sept 2014	Palavpada Anantpur	Palavpada, Palavpada Anantpur	137
27 th Sept 2014	Bahirampada	Bahirampada Khandeghar Toplepada	169
11 th Oct 2014	Talyachapada	Kaspada Nandelpada Talyachapada	150
11 th Oct 2014	Guravpada	Guravpada Janathepada	161

Apart from the general health checkup, specific verifications are done for hygiene, deworming and nutrition. The key observations were:

- Older students, who have been with us for long, showed good improvement in deworming and Nutrition. New kids – who are with us for 3 months – would have to show more progress.
- Cough, cold and viral infections were a bit common. Ear related problems due to constant ignorance of cough and cold were visible.
- Mild Tonsillitis was seen in almost 60% of the students.
- Oral Hygiene needs to be worked upon. Lack of it led to many other ailments.
- Skin related problems have reduced.
- Conjunctivitis was wide-spread in Kaspada, Talyachapada and Nandelpada

All the new students were given the tetanus injection. Doctors distributed medicines for vitamins, minerals, Protein, and eye/ear infections. Almost 51 kids have been earmarked for the advanced treatment post Diwali. Most of these kids have ENT specific issues.

The camp was managed by 28 volunteers including 3 doctors and 4 paramedics. The findings would be analyzed and subsequent steps would be taken up after the Diwali vacation.



Dr Lipsa Shah checking up kids



Dr Archana examining children



Camp continued till late in the evening

Next Camp

Team Suhrid would conduct a medical camp only for girls at Arvind Ashram Shala Dadade, Vikramgad. This school has 350 girls from 1st to 12th standard. Doctor Lipsa conducted a lecture for the girls regarding general hygiene measures for the growing girls to handle the transition in safe and healthy manner.

Inclusion of New Schools

We worked with 8 schools and 512 kids till last academic year. As per the plan, we included two more schools right at the start of this academic year making the count of kids to 631 from 10 schools.

Khandeghar, June 2014

ZP School Khandeghar was inducted on 21st June 2014 at 9th school. This school has classes from 1st to 4th. Two teachers manage 44 students. Kids are extremely bright and quick learner. However, we need to work on the nutrition, hygiene and deworming. School infrastructure is average. Though the villagers participated in the discussions, their involvement needs to be increased to improve the school infrastructure. We started deworming and Nutrition enrichment program from July, 2014.

Toplepada, July 2014

This is one of the most beautiful schools with maximum awareness. This school too has classes from 1st to 4th, wherein two teachers manage 43 kids. It has very well maintained garden and good infrastructure. Villagers provide extremely good support to the teachers. Teachers have installed a TV for the e learning, which has given very good exposure to the kids. We kicked off Nutrition and deworming project from August 2014.



Team Suhrid with Khandeghar kids



Toplepada kids reciting poems

Mini Hospital

Our doctors had provided a First Aid Box to each school with basic medicines for cough and cold, fever, eye infection, cuts and wounds, nausea, stomach ailments, burns etc. During the initial period, the parents were quite reluctant and apprehensive. However, teachers – under the guidance of the doctors – used the medicines very effectively. It has built so much of confidence that even parents come to school to take the basic medicine or ensure that the kids take medicines, if not well. In case of severe injury, one adult came to school to get his wound cleaned using Dettol before going to the hospital. It is quite evident that even a very small setup with basic medicines can address major issues of the locals.



Arvind Ashram Shala Dadade

This is a residential school established in 1991. It has classes from 1st to 12th. As one of our students had moved to this school, we wanted to meet her and check with the set up she is going to be. Dr Lipsa Shah wanted to arrange a talk (an awareness session) for the girl students on gynecological challenges during the adolescence.

There are 1150 odd students (Around 350 odd girls) in the school, out of which almost 800 students stay in the Ashram Shala. Though they have a staff of 40, there are only two wardens Mr Tare (Male warden) and Ms Ranjana Tai (Ladies). Managing around 1200 tribal kids in trying circumstances can be exceptionally challenging. However, these two have managed the entire Ashram Shala with tremendous efficiency and positivity.

Most of the kids are from the tribal area. Economical constraints, unavailability of higher education in the vicinity and inability of parents to pay attention to the kids etc are few reasons, which make kids move to Ashram Shala. Their entire expenses are born by the Ashram, which completely run on donations.

The kids have very disciplined routine. Getting up early, exercise for an hour, have full meal at 10, attend the class at till 2 PM, have a break for snacks, complete the remaining class till 5, take an hour break, have dinner at 6; Recite Shlokas till 7, study till 10 and sleep. Due to scarcity of the space, some of their classrooms double-up as dormitory. Small kids (hardly 6 to 7 years), living independently without their parents, can be a good lesson for many urban parents and kids.

The teachers showed us a room full of trophies, which the students won in various competitions. The Kabaddi team has recognition at the national level. They have Surya Namaskar competition on regular basis. A few of the ex students have gone on to become doctors as well.

Dr Lipsa was extremely impressed with the attention paid to the girls. Warden, who herself is a nurse, is aware of problem of each and every girl, which clearly showed the ownership. Since their food and other requirements are addressed regularly, we have decided to cover girls in our health scheme. We would have a camp in Nov or Dec this year to get to know more about their issues and would work out a plan for the same.



Playground and Classrooms of School



Girls gathered for talk of Dr Lipsa

Future Action Plan

- **Advanced Treatment of the kids in Mumbai**
- **Parents Meet in each school**
- **Girls Medical Camp at Dadade Ashram School**
- **Pilot Water & Sanitation Project Kick Off**
- **Compound / Gate at Talyachapada**
- **Hygiene Workshop in each school – with focus on dental and hand-wash**
- **Phonics workshop – Next Level**

Photo Gallery



Girl from Kaspada school awarded 4th in School Marathon in Vikramgad



Plantations at schools



Creativity at peak with Lego sets



Slates for kids from 1st Standard



Kids playing with games



Schools celebrating Raksha Bandhan

Other New Initiatives

Tie-up with NGO (Goonj)

Team Suhrid tied up with Goonj (NGO), which acts as an intermediary between the donors and the NGO. They have very good arrangement of collecting the items from the donors, packaging and transporting to the beneficiaries. Goonj representative carried out a thorough due-diligence of our activities. After the review of the same, they supplied items such as bicycle, floaters, books, notebooks, games, toothbrush, pencils, water bottles etc... We are thankful to the professionalism and generosity shown by Goonj and looking forward for very long relationship going ahead.



Kids playing with bicycle received from Goonj

Personal Grooming & Education Aid

All the students get dress material from Swami Samarth Charity. As a part of improvement in personal grooming, we distributed Tie, Ribbon, Handkerchief, I Card Holder and belt to each kid, which makes them look very organized. It also increases their self awareness and self-esteem. Kids from the schools – supported by Suhrid foundation – can be easily identified in the masses now.



Flaunting tie, belts, hanky and ID-cards

Though the kids from 1st standard get slates from the government, the quality is very poor. They lose interest within no time. We distributed 225 extremely good quality slates, which showed the results immediately.

Plantation

While our doctors recommend and supply required medicines, we also thought of introducing health-care using the natural resources. We supplied the saplings of Tulsi, Aloe-Vera, Adulsa, Neem, Ajwain (Carrom) etc. The teachers would be able to use these for basic problems such as skin disease, cough and cold, stomach ailments and nausea.

Phonics

We had conducted Phonics sessions for the teachers in April, 14. Teachers implemented English teaching using phonics method very effectively. Some kids are able to read few words of English better than that in their mother tongue. Teachers did get the recognition about the same during their center level review.



Team Suhrid planting medicinal sapling

Our Heroes

Any NGO, which starts working in tribal area, always starts with a common challenge. Tribal community does not trust outsiders and have lot of apprehension about the motives of the NGOs. This can be overcome only by being with them for long and showing good results. Despite of our frequent visits, we are not present in that area on daily basis. Still, we have been able to get the desired results because the school teachers – who are always with the kids – executed all our initiatives with perfection, which allowed the kids and their parents develop tremendous trust and cooperate in bringing out the changes.

Though the teachers tried to inculcate good values, they did not have means to get the results. Kids used the water from the same drum for drinking. Washing hands/face or washing utensils. Not so clean water, improperly washed utensils, long dirty nails etc resulted in kids having worms and associated challenges. Suhrid Foundation initiatives brought in following favorable changes.

- Different water storage for drinking and other usage.
- Drinking water – Purified with alum and chlorine.
- Trimmer nails – Usage of nail-cutter
- Usage of soaps for washing the hands before meals
- Usage of soap for washing the utensils.
- Using water bottles for regularly drinking pure water

Providing material help can have very short term effect. However, making the changes like these, would last forever and kids can carry these values even when they leave the school.



Washing hands before meal



Drinking purified water

How to Donate: Suhrid Foundation is an honest initiative to provide support to children. You can make your contribution by way of cheque, cash or online payment. **All the donations, made after 15th May, 2014 would get exemption from tax u/s 80G of IT Act.**

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 Xavier's 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 organization.

Contact Us

Mumbai:

Suhrid Foundation
D/704, Panchsheel Heights, Mahavir Nagar, Kandivali
(W), Mumbai 400067.
Tel #: 9821239737, 9870054772

Ahmedabad

Suhrid Foundation
C/2/5, Kumbhanath Society, Maninagar, Ahmedabad
380008.
Tel#: 9979889539

USA

Suhrid Foundation
5304 Gordon Dr, Centreville, VA 20120.
+1-202-469 9301

Email us: info@suhrid.org



Those who are happiest are those who do the most for others.

— Booker T Washington