

suhrid foundation

Newsletter (Oct, 14 – May, 15)



Highlight of the Year 2014-15

- Added two more schools; Cover 635 students from 10 schools.
- Included 350 resident girls from Arvind Ashram Shala, Dadade.
- Received 80G certification.
- Conducted 5 Medical camps covering 1500 kids.
- 30 Kids earmarked for the advanced treatment; 15 got the treatment in Mumbai.
- Eye screening for 600 Kids; 25 were provided vision aids.
- Completed Water Projects in Three schools.
- Completed Tetanus Vaccination for all the students.
- Distributed Tie, Belt, Handkerchief, floaters to 600 students.
- Distributed furniture Cupboards, chairs, and tables to all the schools.
- Strategic Tie-up with JeevanJyoti Hospital, Palghar for eye treatment.

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 spent the last academic year (2013-14) in setting the core processes viz. De-worming, Mid-day meal nutrition enrichment, Tetanus, Blood test, medical camps, Water purification, advanced treatment and petty cash for day-to-day use. Having streamlined these, we decided to introduce new processes and work areas this year.

While Government provides basic material such as slates etc, the bad quality material makes kids lose interest. We have started providing good quality slates as joining kit to the kids and could immediately see the results. Students get dress material from some trust. We decided to increase their self-esteem by providing them belt, tie, floater, I card holder and handkerchief. Kids have developed good discipline and confidence. We would plan to provide them T shirts, pants for all the sports participants next year.

We had provided facility to store and purify the water last year. Having set the process, we decided to launch water project this year, wherein the schools should be able to get storage and flowing water for potable and non-potable usage. We would try to complete this process for other schools as well. Solar based electricity could be the new pilot next year.

Eye problems are quite common amongst the tribal kids and constant ignorance results in irreparable damages at quite an early age. We have trained teachers to carry out first level of filtering by conducting eye examination using Optometric charts.

We would continue to make the differences in the lives of the tribal kids with your support and blessings.

Team Suhrid

Parents are eager to get their kids into SF supported school. We had 119 kids in the first standard, but the registered kids for next academic year could be 165, which is a huge leap.



Children being examined by doctors at Bahirampada



Medical camp at Kaspada

Medical Camps 21st & 28th March 2015

Team Suhridd conducted second set of medical camps on 21st and 28th March, 2015. This was our 4th camp with these schools, which means we have had medical records of at least three examinations before these camps. The doctors were in a position to see the results of various health related initiatives viz. nutritious mid-day meal, de-worming, purified water, timely medication etc.

Date	Schools	Count
21 Mar 15	Kaspada, Nandelpada, Talyachapada	150
	Bahirampada, Toplepada, Khandeghar	140
28 Mar 15	Guravpada, Janathepada	165
	Palavpada, Palavpada Anantpur	150

Observations

- Noticeable improvement in terms of de-worming and nutrition amongst the senior kids.
- Adequate consumption of purified water helped reducing the skin related issues.
- Oral hygiene needs major improvement. Absence of it erodes the effect of de-worming.
- Kids – having prolonged allergic rhinitis – had middle ear infection and discharge. All the kids responded well to the medicines (given anti histamine and antibiotics) under the guidance of ENT.

Future Course of Action

- Inclusion of two Anganwadis (Play Schools)
- Complete Water Projects in at least 5 more schools
- Distribution of Toothbrush/Paste for Oral Hygiene
- Pilot on solar-based electricity program

During the **Advanced Treatment Camp at Mumbai on 31st Jan 2015**, 7 kids were examined for epileptic disorder. As per the experts, ignorance of the signs at the early age (convulsion during high fever), result into aggravation. Apart from supplying adequate medicines, basic physiotherapy exercises were also taught. These kids were examined during the camp in March. A small girl, who used to get at least 30 seizures a day, does not get more than 8 to 9 after starting the treatment.

Earlier 70 to 80% kids used to fall sick during the weather change, now it has dropped to almost 30%.

Special Initiatives

Eye Screening, Camp for the Resident Girls at Arvind Ashram Shala, Dadade

Eye Screening Drive

During the advanced treatment in Jan, we had brought 6 to 7 kids for eye examination to ~~Mumbai~~. These kids had very high myopia, amblyopic, damaged retina. Improper optical disks and night blindness. Almost all of them had numbers in the range of -3 to -5. These problems are supposed to be quite common in these areas due to Heredity; Poor nutrition by the mother during the pregnancy; Kids not getting proper nutrition after the birth; Missing out on early signs of eye problems and persistent ignorance; Lack of facilities for eye treatment

While Suhrid Foundation has long term vision of addressing the health problems at the grass root level, we decided to carry out eye tests to identify the kids, who have weaker vision. It was impossible to get 600 odd kids to bring to Mumbai for complete eye checkup. At the same time, it would have taken at one full week to examine these kids if we had taken the optometrist to their schools. Hence, we decided to train the teachers to conduct first level screening. They were given Vision chart with letters in Devnagari script. They conducted the tests in their schools by asking the kid to read the chart with each eye by standing at 18 feet distance. The reading of each kid was shared with us. During our health camps, we took these 21 kids to the local optometrist. Out of these, 15 kids got the spectacles. Two kids have been recommended advanced examination. The kids already got their glasses and the feedback from the teachers is very amazing. Many of the kids, who were barely able to read up to 3rd line on the vision chart (out of 7) can go to 6th or 7th line.

Camp at Arvind Ashram Shala, Dadade

Arvind Ashram Shala is situated at Dadade, around 12 kms from Vikramgad. They have classes from 1st to 12th. Out of 1150 students, 800 are residents. We decided to have camp for 350 resident girl students for general health and specific challenges in adolescence. Since the warden herself is a nurse, it was easy for us to drive the initiative. The girls did not have typical problems like infections of ear, eye, skin or

Anemia and vitamin deficiencies. As per the doctors, they maintain good hygiene, practice regular yoga and prayers, drink ample water and have regular meals, which keep them away from these infections. However, in the absence of vitamins and minerals in their food, they develop anemia and vitamin deficiencies.

We distributed medicines including multi-vitamin, Folic Acid, Calcium, Paracetamol etc. We also provided them some of the basic medicines – as a part of their first-aid kit.



350 girl students were examined



Eye checkup of a girl student

Little support such as health check-up, medicines, yoga training and career guidance etc goes a long way to such school which is serving close to 1200 tribal students. This school has national level Kabaddi champions coming out year-on-year!!

Sarv Jal Abhiyan



Support from locals was overwhelming



Overhead water tank for water storage



First experience of a flowing tap water cannot be explained!!

Our health related initiatives included availability of purified water and overall cleanliness. We had provided steel drums, alums and chlorine tablets to each school to ensure that pure water is used for drinking and cooking. However, none of the school has facility to store the water in the overhead tank and distribute the same through taps. Hence, teachers and kids needed to get the water from either river or bore well, which was quite an uphill task. While they were able to manage drinking water, they could not manage regular water supply for cleaning the rooms, toilets, kitchen, utensils or washing the hands/feet or even gardening. This resulted in relatively unclean and unhygienic environment.

Based on our meetings with the teachers, the outline of the water project was drawn for Kaspada School. The idea was to extract the water using electric motor operated submersible pump, transmit the same to overhead tank (1000 L capacity) through the pipeline and then distribute the same to toilet, kitchen and the school. The teachers provided the estimate. Villagers were so overwhelmed by our initiatives that they decided to take care of entire labor. Moreover, teachers used some saving from the grant they had. The project was sanctioned in Nov end and got over within 3 weeks. They are able to maintain cleanliness all over. Furthermore, kids have started drinking more water due to easy availability. Team Suhridd provided finishing touches to this project by providing Water purifiers.

Successful launch of this project has laid a good foundation and the same was repeated at Janathepada Zilla Parishad School. Arvind Ashram Shala, Dadade had good facilities for water everywhere except for newly created toilets. They needed help to launch water project for the same, which we duly obliged. They have around 1100 kids, who need to use this facility. Hence, we decided to give them high priority and the project was successfully completed in time.

Local teenagers and parents supported this initiative wholeheartedly. They contributed in the project by providing “shrama-daan” – i.e. physical labour towards this. The participation and ownership is overwhelming.

Miscellaneous Initiatives



Before

After

Furniture ensured clean and neat schools

Furniture Distribution

Our schools don't have enough storage areas to keep books, notes, medicines, teaching material, utensils, sports items, which results in unclean and untidy environment in the class.

Team Suhrid collaborated with Tata Consultancy Services, Ashida Electronics (through Rotary club Thane) and few private donors and procured the furniture, which was in very good condition for the schools. The furniture included cupboards, tables, chairs, stools, dustbins, buckets and bookshelves etc.

Infrastructure Support

Apart from executing Water projects at three schools, we also provided support to three schools towards infrastructure. Talyachapada School has good facilities in terms of the classrooms and bore-well. However, they don't have a compound. Even if teacher wants to grow flowers, vegetables etc, those get destroyed by animals. Also, kids too – at times – are exposed to animals. We sponsored the main gate, which allowed them to build a complete enclosure around the school. They would soon be working on a garden for flowers / vegetables. Guravpada School reinforced their compound, while Nandelpada created a platform around the tree for the kids, with our help.



Gate for Talyachapada School



Drawing by kids

Recreation

Team Suhrid conducted a drawing competition for junior and senior kids. They were provided with crayons. The top two from each category for each school were rewarded during the parents meet.

While our catchment area belongs to Warli tribals, this art is almost extinct. These kids don't have any means to even learn any creative art. Our volunteers provided them with paper, color box, pencils and lot of other material, which they used to make their own greeting cards. They were taught various other craft related activities.

Warli painting is a tribal art by Adivasi from North Sahyadri Range in India (Dahanu, Talasari, Jawhar, Mokhada, and Vikramgad). However, the new generation is less excited about it. Team Suhrid would try to reintroduce this by including this as part of the recreational activities in the next academic year.

Picture Gallery



Untreated wound for 6 months. And finally after 1 week of treatment by Suhrid doctors



Additional nutritional support to mid-day meal



Kids engaged in crafts



Parents meeting at Toplepada



Team Suhrid - with Dadade school girls after health check-up camp

Support systems in this region are so basic (or absent) that small help in any field shows quick and very positive results... That is encouraging and motivating.

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 Jamnagar, 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.

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- www.suhrid.org
- www.facebook.com/SuhridFoundation
- Register your email id on our website (www.suhrid.org) for such Newsletters and periodic updates (not more than once in two months)

Help us promote this work amongst your friends.



www.suhrid.org

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