



suhrid foundation

Create a happy, healthy, and secure environment for underprivileged children

suhrid foundation is an
Indian Non-Governmental Organization
registered under section 25
of Companies Act.



Vision

Create a happy, healthy, and secure environment for underprivileged children.

Mission

To work along with children, their parents, their teachers, communities and others to ensure that all children are happy, healthy and secure by providing financial, medical and moral support.

Catchment Area

Suhrid Foundation currently operates in two regions – Ahmedabad and tribal region around Vikramgad, 120 Kms north of Mumbai. We cover around 800 students from 11 Zilla Parishad schools around Vikramgad. We also take care of health of 350 resident girls from Arvind Ashram Shala Dadade in the same region.

Our Projects

The projects under Suhrid Foundation (SF) are classified into health, education and community support.

Healthcare

Suhrid foundation started operating in the tribal area of Vikramgad since July 2012. Based on the initial camps and the interactions, our doctors identified following key problems in the region.

- ◆ Malnourishment and Low Immunity (they are fed mother's milk till the age of 2 – by a mother who is already deficient with essential minerals)
- ◆ Lack of Nutritious diet (Only Carbs, Lack of Vitamins and Minerals)
- ◆ Worms (poor hygiene, contaminated water)
- ◆ Malformed and bad teeth (poor hygiene and calcium deficiency)
- ◆ Health complications due to constant negligence of common diseases such as cough and cold, skin infection or wounds
- ◆ Unavailability of the medical facilities.



Based on the above findings, we launched several Health care related projects across the schools.

Nutrition Projects

Though the school kids get mid-day meals from the government, it contains primarily carbohydrate diet. Suhridd Foundation sponsors vegetables (Vitamin, Mineral), Eggs (protein) and Jaggery (Iron). Kids are given deworming tablets regularly. Our doctors found consistent improvement in general health since the start of this initiative.

Water Purification and Hygiene

Worms and skin diseases are mainly due to inadequate drinking of pure water. To ensure that the kids drink adequate water in pure form, we supply them big storage tanks and alum/ chlorine tablets for storage and purification. Kids are trained to wash their hands, plates before and after the meals. Suhridd foundation started a project, wherein we supplied tooth brush/paste for each kid. Post lunch regular teeth cleaning exercise resulted in drastic reduction in teeth decay. We also sponsor cleaning materials such as hand wash, phenyl, soaps, brooms, mops, which help teachers maintain cleanliness around.

Medical camps



We conduct two sets of medical camps for all the schools (1st – Aug/Sept, 2nd Feb/March). We examine almost 650 to 700 kids per camp, wherein we review the progress in terms of hygiene, deworming and nutrition. Most of the seasonal problems are addressed then and there. Kids with chronic problems are identified for advanced camps. Tetanus injections are given to all the kids. Blood tests are conducted to identify obvious deficiencies. We conduct a girls-only camp for 350 odd girls at Arvind Ashram Shala Dadade, wherein even the transition issues for teen-ager girls are addressed.

Advanced Medical Camps

For the advanced medical treatment, Suhridd Foundation makes full arrangement to get the kids with parents to come to Mumbai, wherein experts from various areas viz Neurology, ENT, Skin and Ophthalmology address their ailments.

Miscellaneous

- Apart from the medical camps, Suhridd Foundation doctors make regular visits to schools and provide medical support.
- SF has trained teachers to conduct primary eye screening at school. The kids – identified in primary screening – go through eye test at Vikramgad. For normal myopia, we supply glasses. For the advanced cases, we bring the kids to Mumbai for expert advice and treatment.
- Each school has been given First-Aid Box, which contains medicines to address body ache, fever, stomach ailment, nausea, giddiness, skin problems, wounds, ear problems, eye infections. Teachers have been trained to handle that.



Education and personal grooming

Since we deal with very small kids from tribal areas, we felt that we should actually help them in education, personal grooming and other extracurricular activities to make them better human being, which would have lasting impression in their lives. The initiatives in this direction are as under.

- ✦ The support starts from grass root level, wherein the kids from 1st and 2nd standard students are given very high quality slates, which make their handwriting good.
- ✦ We sponsor educational books, maps, globes which they don't get from government aid.
- ✦ A few charity trust provide them school bags and dress material. SF provides tie, belt, handkerchief, Identity-card holder and floaters (footwear) to all the kids, which increases their personal pride by improved grooming.
- ✦ SF provide the sports material such as carom, Lego set, cricket bat, ball, rings, lagori, ring, football, volley ball, bicycles etc. Introduction of indoor games viz carom, Lego, snake and ladder etc. helps them stay in the school during rains or hot summer and also improve their skills.
- ✦ Increased interest in the sports has resulted in our school kids doing better in center-level competitions. The results are clearly visible.
- ✦ To help them remain clean and well groomed, we supply them nail cutters, comb, oil, mirror, powder etc. Teachers monitor this regularly.



Most of our teachers are very well trained to take care of the regular subjects. However, we help teachers learn new techniques in various areas to educate kids in better way.

- ✦ Phonics workshop for teachers, which help them teaching kids to read by correlating sounds with symbols in alphabetic writing system.
- ✦ Motivational and self-help training by WHDC SP2
- ✦ Yoga Training



Infrastructure Support

Though government provides the basic initial infrastructure to the school, there is hardly any support for the maintenance. SF provides supports in more than one ways to help the schools in this direction. A school – maintained in good condition- attracts more and more kids, which helps increase our coverage. Various initiatives in this direction are as under.



- ◆ Though most of the schools had either bore-well or well for the water supply, it was difficult for them to fill and use ample water for cleaning, drinking and gardening. SF sponsored water projects, wherein we help them to extract water using submersible pumps, transfer to overhead tanks with high capacity, and distribute to toilets, kitchen, wash basins and gardens. With the running tap water, the cleanliness in toilets, kitchen and rooms have improved a lot. Kids started drinking more water and wash their hands/plates before and after the meals.
- ◆ A well-fenced compound with strong gate is must in each school to not only protect the kids from animals but also help them with gardening. We supported many schools in this making compound and gates.
- ◆ Structural support and ground leveling.
- ◆ Supply of cupboards, chairs, tables dustbin – Donated by Corporates and individuals.
- ◆ Swings and Slide.

Expanding the Horizon



While we focused on the tribal kids all these years, our objective was to expand our coverage to village level. Water Scarcity is an issue, which these villages started feeling in recent past. SF – with the help and guidance of 'Vanpath Trust' - initiated projects to preserve and store the rain water. We initiated the same by creating and repairing a dam at Kaspada River in May 2016 with the help of 150 villagers. We replicated Dharampur model of water preservation, which not only helped us create a dam but allowed us to help villagers earn by working on this initiative. Instead of money, we provided them with rice, lentil, sugar, oil and wheat, which was more valuable for them. We would be working on several of these projects in years to come by.

Suhrid Foundation Highlights

- ✦ Support 800 kids from 11 Zilla Parishad Schools, 350 girls from Ashram Shala & 30 kids from Anganwadi.
- ✦ Conducted more than 10 medical camps covering 1000+ kids in last four years (almost 650 kids per camp). Tetanus Injections to 900+ kids.
- ✦ Cover on an average 650 to 700 kids under Nutrition program every year.
- ✦ Treat at least 25 kids for advanced medical ailment every year, 8-10 of which are generally epileptic.
- ✦ Trained 15 teachers to conduct initial eye test. Almost 6 to 7% of the kids get spectacles and at least 7 to 8 need advanced treatment.
- ✦ Completed 6 projects for automated water supply in the schools.
- ✦ Created a check dam on Kaspada River within three weeks.
- ✦ Trained 20 teachers on Phonics, Yoga and SP2.
- ✦ Almost 30% increase in the admission in first standard after the entry of Suhrid Foundation. Attendance is close to 95% now.

Future Plans

- ✦ Continue with all the ongoing health, environment and educational initiative.
- ✦ Conduct Adult health camp.
- ✦ Provide full-fledged support to talented kids in building the career.
- ✦ Automated water extraction, storage and distribution in each school.
- ✦ Rainwater Harvesting and Check dam projects to address water scarcity.
- ✦ Attempt to make locals take more than one crop per year or additional local occupation.
- ✦ SF supported Primary Health care center in the region.



How can you support?

Suhrid Foundation would seek support in varied forms towards the noble cause:

- ✦ Donation
- ✦ Provide subsidized medicines, spectacles
- ✦ Sponsor treatments like cataract - for specific number of operations
- ✦ Provide infrastructure specific and sanitation related help towards school
- ✦ Provide help in SUN project – Own the school/children to provide additional nutritional diet to existing mid-day meal
- ✦ Donate toys, children books (Marathi)
- ✦ Provide Supplies for the school children – water bottles, compass, raincoat
- ✦ Participate and volunteer in the camps
- ✦ Get more members to help the cause and help promote Suhrid Foundation and its activities

How to Donate

With the support we have received from all good Samaritans, we are confident that thousands of underprivileged children and their families would have noticeable improvement in their life.

Cheque payment:

Make the cheque payable to “Suhrid Foundation” and post it to any of our India offices.

Bank Transfer:

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

Suhrid Foundation is registered under Section 12AA of Income Tax Act, 1961. Donations to Suhrid Foundation are exempted from tax u/s 80G of IT Act. Reg.No: DIT(E)/AHD/AARCS5930R/14-15/12AA-80G(5)/T-150 dated 08.09.2014

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 organization.



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Mumbai

D/704, Panchsheel Heights,
Mahavir Nagar, Kandivali (W),
Mumbai 400067.

M: +91 98212 39737 / 98700 54772

Ahmedabad

C/2/5, Kumbhanath Society,
Maninagar,
Ahmedabad 380008.

M: +91 99798 89539

USA*

5304 Gordon Dr,
Centreville,
VA 20120.

M: +1-202-469 9301

info@suhrid.org | [/SuhridFoundation](https://www.facebook.com/SuhridFoundation) | www.suhrid.org

*Communication address for Non-Resident Indians.