

CHILD HELP FOUNDATION

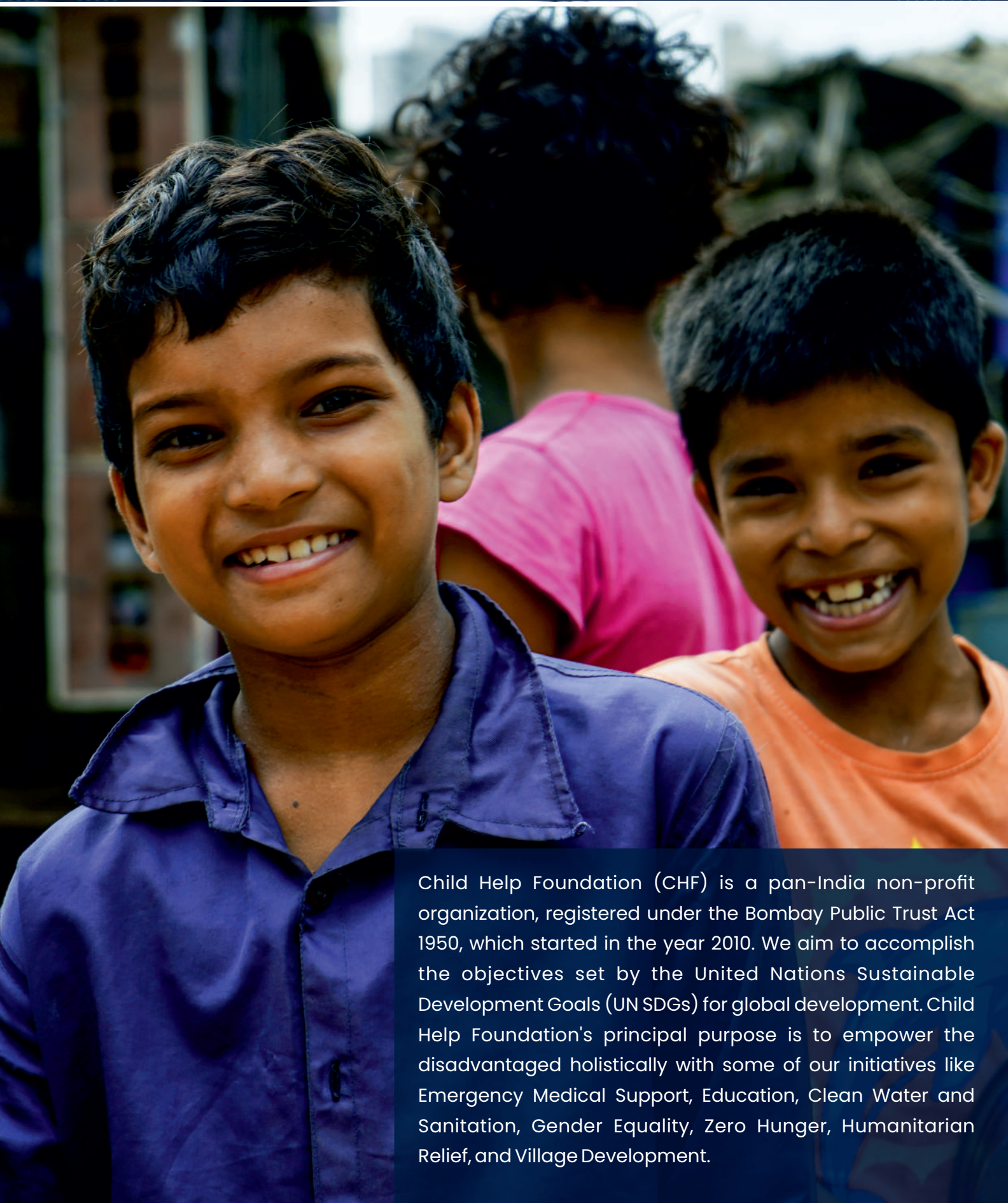
August'22 Journal



World
Breastfeeding
Week



About Us



Child Help Foundation (CHF) is a pan-India non-profit organization, registered under the Bombay Public Trust Act 1950, which started in the year 2010. We aim to accomplish the objectives set by the United Nations Sustainable Development Goals (UN SDGs) for global development. Child Help Foundation's principal purpose is to empower the disadvantaged holistically with some of our initiatives like Emergency Medical Support, Education, Clean Water and Sanitation, Gender Equality, Zero Hunger, Humanitarian Relief, and Village Development.

A Safe Haven





Support The Victims of Odisha Floods



Our compassion as a community is tested when tragedies wreak havoc over the nation. Heavy rainfalls and drastic climate changes are causing terrible floods all over the country.

Over 100 villages in several northern Odisha districts were left stranded due to flooding from the swollen Subarnekha river. As of 30th August, more than 4.67 lakh people across 1,757 villages in 10 districts of Odisha have been affected by the flood situation as a result of heavy rainfall in the state.

As a result of 6 days of relentless rainfall in the catchment areas of Chhattisgarh and high water inflow in the Hirakud reservoir, the Mahanadi river basin flooded on August 16, 2022, displacing thousands of people in Odisha. Several districts were affected by the Mahanadi floods on August 16: Sambalpur, Jharsuguda, Deogarh, Bargarh, Angul, Boudh, Subarnapur, Bolangir, Nuapada, Kalahandi, Cuttack, Kendrapara and Jagatsinghpur.

At eight places in the coastal districts of Kendrapara and Jajpur, the river breached its embankments. A constant downpour has also completely paralyzed the low-lying areas of the two districts. Nearly nine lakh people have been affected by the floods in the state. The state and people of Odisha have been through enough difficulties, and they need your help to survive these devastating floods.

The situation in Odisha has led to over 60,000 people evacuating from the flood-affected regions, and the floods are predicted to get more severe because of the heavy rainfalls. Going forward, the residents will need more extensive survival kits; there is no electricity in the flood-affected areas, and the floods have also damaged their crops and their existing ration.

Child Help Foundation responded quickly to the grim situation with the help of its crowdfunding partner, Filaantro. It successfully helped a total of 2,580 individuals by providing food/rations to the people who were deeply affected by the floods in Odisha. The volunteers have reached out to 430 families in villages like Jalau, Potak, Harijanapada, Badabelari, Brahman Pada, and Tirtol of the Jagatsinghpur District in Odisha as of the 30th of August.

Under our Humanitarian Relief Program, Child Help Foundation volunteers are reaching out to families in distress due to devastating floods. The families were given emergency ration kits which included items such as Chuda, Sugar, Sattu, Candles, Match boxes, Dettol Soaps, Biscuits, Mosquito Coils, and more. This was our initial step in combating the consequences of the flood.

But new accounts of families that are ravaged by the consequences emerge every day. Some lost their livelihoods, whereas some lost more. To be able to assist more such families and help them get through this misfortune, we need your help. The help can vary in all ways possible. Even small help like contributing items to our hygiene or ration kits can impact the people in Odisha.

No contribution is small; every little bit helps in restoring the state of Odisha. This is our time to step up as a community, as individuals, to support the ones suffering from tragedies that are out of our control.

Donate now to help Odisha survive the Floods!

+

Emergency Medical Support



**Abdul Mannan
blood cancer**

4-year-2months-old Abdul has to undergo Chemotherapy for blood cancer. You Can Help Save His Life!

Mohammed Abdul Mannan, a 4-year-2-months-old boy from Hyderabad, had just finished nursery school. His family was excited about Abdul's future because his primary education was about to begin. But, a few weeks ago, they got worried seeing that Abdul's neck had swollen. Confused by the swollenness, they didn't know what to make of it because Abdul didn't show any other symptoms of an illness so big. They went to a regular hospital for a check-up,

where the doctors prescribed normal syrups and tonics. After a few days, when the syrups failed to show any progress, the family went to the hospital again. This time, they put Abdul under a WBC test. The test showed the possibility of blood cancer. The family was devastated by the news; they couldn't believe it when they saw the report.

The doctor advised them to take their little boy to a doctor at Rainbow Children's Hospital, where they could begin treatment. Aware that the treatment would cost them a fortune, and in desperate need to save their little boy, the family went to the hospital. After a few examinations, the doctors informed the family that they would have to put Abdul in immediate Chemotherapy. As the initial check-ups for the required are done, the doctors await the treatment to begin. But the family is distressed that apart from the Chemotherapy, the cost of the blood products needed during the entire treatment is Rs. 12,00,000/- (Rupees Twelve Lakhs Only).

"The treatment costs a huge amount; how will we arrange that? We have another boy who is just 2 years older than Abdul, and half of my meager income goes for his education. It is impossible for me. What am I going to do? My wife sits at home hoping I will come up with the huge sum, but what do I tell her? Please Help my little boy. I have begged the hospital and the doctors that I cannot arrange the fees, but that can't continue. Please help me. Please. For the sake of God, please help me!" - Mr. Mohammed Khaja Baba, Abdul's father.

There are many more children who need urgent treatments, and your small contributions can make a huge difference. Donate!



**Avantika (5 years)
Deformity**



**Baby of Vasantha
(2 months)
premature**



**Baby of Pooja
(9 days)
NICU**



**Baby of Radhika
(15 days)
Premature Ventilator Support**

Emergency Medical Support



Baby of Mounika
(9 months)
Spinal Infection



Khunal Darne
(10 years)
Hearst Defect



Noore Aksa
(7 years 10 months)
Heart Defect



Shlok
(5 years)
Liver Transplant



Zainab
(1 year)
Heart Defect



Rithika
(8 months)
Liver transplant



Mohammed Hashain
(4 years)
Midface Hypoplasia



Sonakshi
(9 months)
Heart Defect



Ansamol Anas
(12 Years)
Spine Deformity



Twins of Jisha
Premature



Baby of Shakuntla
(21 days)
NICU



Baby of Maheshwari
(29 Days)
NICU

Success Stories



Baby of Soni

The third baby of Mrs. Soni was delivered through a C-section surgery due to her fluctuating health issues of Mrs. Soni. A few days after the birth, the family was devastated as they discovered their baby had a hole in her heart. With deteriorating health, the family went to the hospital, where the advised treatment was VSD Closure which costs Rs. 4,20,000/- (Rupees Four Lakhs Twenty Thousand Only). With a meager income, the family couldn't afford this treatment, so they contacted Child Help Foundation to save their daughter's life. After a few days, the surgery was successfully performed, and the baby was discharged from the hospital in good health on 1st August 2022.



Smarnika Ligade

The family of five-year-old Smarnika was shocked when after a few regular coughs and colds, their little daughter was found to be suffering from Large ASD (Atrial Septal Defect), a Congenital Heart Disease. The proposed surgery of ICR (Intra Cardiac Repair) of ASD closure treatment costs around Rs. 2,50,000/- (Rupees Two lakhs Fifty Thousand Only). The father, being a farmer, couldn't afford the fee and approached Child Help Foundation to save their little girl. The surgery went successful, and on 3rd August, Smarnika was discharged from the hospital in good health.



Harleen Kaur

Harleen, a two-year-old baby of Mr. Bhupinder Singh and Mrs. Jasvir Kaur, was suffering from Diabetes, Thyroid, and Congenital Heart Disease (heart defect). With her condition worsening, the family took her to a hospital where the advised surgery was ASD (Autism Spectrum Disorder), (VSD Ventricular Septal Defect) surgical closure. The cost, Rs. 3,75,000/- (Rupees Three Lakhs Seventy Five Thousand Only), was too much for the family, which is why they approached Child Help Foundation. The surgery was performed, and the little girl was discharged on 3rd August 2022. The family lives happily together in their home.

Success Stories



Juned Sheikh

Juned Sheikh, a 15-year-old boy from Jalgaon, Maharashtra, was suffering from a Large Ostium Secundum ASD. His parents, who couldn't even understand the complexity of the problem, were asked to put Juned under treatment of ICR of VSD closure, which amounted to Rs. 2,50,000/- (Rupees Two Lakhs Fifty Thousand Only). The family asked Child Help Foundation for help, and the treatment began. Juned was discharged from the hospital on 12th August after the successful surgery and lives a healthy life now.



Kavya Kumar

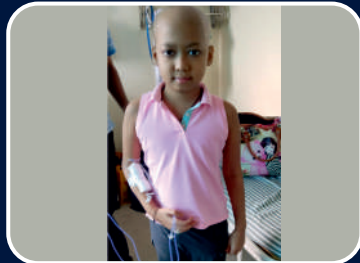
The baby of Mr. and Mrs. Kumar was diagnosed with Adolescent Idiopathic Scoliosis (Spinal Deformity) and needed urgent Deformity Correction surgery. The family couldn't afford the surgery as it cost Rs. 4,50,000/- (Four Lakhs Fifty Thousand Only). They turned to the Child Help Foundation to help their daughter's lifelong problem. The surgery was performed, and the little girl was discharged on the 16th of August. The family lives happily together in their home.



Baby of Jisha

The twins of Mrs. Jisha were put in NICU due to immediate delivery. Since they were suffering from extreme premature symptoms, the doctors advised an extended stay at the hospital, estimated to be Rs. 1,30,000/- (Rupees One Lakhs Thirty Thousand Only). The family requested Child Help Foundation to save their little children. The treatment went successfully, and the twins were discharged from the hospital on the 16th of August and now live a healthy life.

Success Stories



Anjali Kshirsagar

Ten-year-old Anjali was discovered to be suffering from Acute Lymphoblastic Leukemia and needed chemotherapy to fight the disease. The family couldn't afford the Rs. 15,00,000/- (Rupees Fifteen Lakhs Only) fee and contacted Child Help Foundation for help. On 16th August, the little girl was discharged from the hospital and now lives a healthy and happy life with her family.



Durva Khatale

Durga, a 2-year-old girl from Dhargaon, Nasik, suffered from blood cancer and needed chemotherapy for further treatment. The cost of the treatment was Rs. 4,00,000/- (Rupees four lakh only), which the family couldn't afford, so they decided to approach Child Help Foundation. With our help, the operation commenced, and Durva was discharged from the hospital on the 19th of August.



Baby of Shakuntala

Mrs. Shakuntala gave birth to a baby boy within 7 months of her pregnancy, due to which the baby suffered from extreme prematurity and had lightweight. The doctors advised the parents that the baby needed 4 weeks to stay at NICU, with the treatment cost being Rs. 8,00,000/- (Rupees Eight Lakhs Only). Unable to afford the price, the family contacted Child Help Foundation to save their little boy. The treatment was begun, and the baby was discharged from the hospital on 20th August in good health. The family is grateful for saving their little boy.

Success Stories



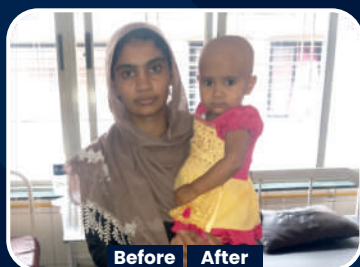
Soham Borke

Soham was 7 years old when he needed to undergo Fontan Completion Surgery to fight his heart defect. He had faced this problem for 7 years, and if he had missed the treatment, it would have been fatal. The father had no choice but to commit to the treatment, but he couldn't afford it since it amounted to Rs. 4,00,000/- (Rupees Four Lakhs Only). They approached Child Help Foundation to help them fight the disease. The treatment went successful, and the family lives happily with their healthy boy.



Harshita Sharma

9-year-old Harshita was suffering from a Brain Tumor and was waiting for three chemotherapy sessions which were a part of her treatment. Since the family had already taken loans for her treatment, they couldn't afford more. The treatment amounted to Rs 10,00,000/- (Rupees Ten Lakhs Only). The family requested Child Help Foundation to save their girl. The therapy went successfully, and Harshita was discharged from the hospital on the 25th of August and now lives a healthy life.



Sanaya Shaikh

Little Sanaya was discovered to suffer from Hepatoblastoma and needed chemotherapy and surgery. The family couldn't afford the Rs. 5,00,000/- (Rupees Five lakh only) fee and contacted Child Help Foundation for help. On 25th August, the little girl was discharged from the hospital and now lives a healthy and happy life with her family.



Kartiki Nikam

Suffering from Blood Cancer, little Kartiki needed chemotherapy for her recovery. But the cost of the treatment was Rs. 7,00,000/- (Rupees Seven lakh only). Child Help Foundation helped the family save their daughter, who was discharged from the hospital on 25th August. The family lives happily now with their active daughter.

Success Stories



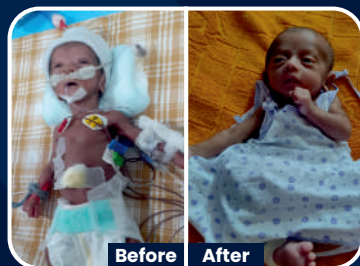
Dhiyash

Dhiyansh is an 8-year-old boy suffering from B-Cell acute lymphoblastic leukemia. He underwent chemotherapy for 7 months and needed complete treatment, estimated at around Rs. 10,00,000/- (Rupees Ten lakhs only). The family approached Child Help Foundation to save their little boy. The surgery was successfully performed, and the little boy was discharged on 29th August. The little boy went home and now lives healthily with his parents.



Zakia Banoo

Fourteen years old Zakia was diagnosed with Cyanotic Congenital Heart disease, which reduced the amount of oxygen delivered to the rest of the body. She needed an immediate treatment Angiography followed by Open Heart Surgery TOF (Tetralogy of Fallot) repair, which costs Rs. 4,00,000/- (Rupees Four Lakhs Only). The family reached out to Child Help Foundation to save their little girl. The surgery went successful, and Zakia was discharged from the hospital on 30th August.



Baby of Shirisha

Mrs. Shirisha gave birth to a small girl through a C-section delivery since she was suffering from PIH (Pregnancy Induced Hypertension), which caused the baby to suffer from respiratory problems. Mrs. Shirisha was discharged from the hospital, but the baby was to undergo another mechanical ventilator treatment. The hospital fee was estimated to be Rs. 12,00,000/- (Rupees Twelve Lakhs Only). The family turned to Child Help Foundation as their last hope. The surgery was successfully performed, and the little girl was discharged on 30th August. The family leads a content life now, along with their healthy daughter.



World Breastfeeding Week: The Importance of Breastfeeding for the health of a child and the mother

Each year, the World Health Organization, UNICEF, and many more government organizations observe August 1 – August 7 as Breastfeeding Week. This week is celebrated to promote breastfeeding around the world. Breastfeeding has real health benefits for a baby. It helps protect against infectious disease and allergies, builds better brain development, and increases the bond between mother and child. It's also inexpensive and convenient, requiring little equipment or preparation. World Breastfeeding Week was started to celebrate the importance of breastfeeding and encourage mothers to continue nursing their babies worldwide. Read on to learn more about how breastfeeding can benefit your baby's health at every stage.

Breastfeeding is more than just nourishing a newborn baby; it's also an essential aspect of maternal health. It not only helps the mother bond with her child, but it can prevent certain chronic diseases, including breast cancer and osteoporosis, later in life.

Every mother faces the inability to understand her child's nutrition needs. What to feed the child? What nutrition to provide? What is the perfect time to feed the child? These are some of the questions many mothers from around the world ask themselves and doctors.

With the availability of packed organic food, the possible availability of organic and unhealthy nutrients has skyrocketed. Many parents worry about whether packaged or

marketed food is the right option for their newborn babies. And in this age, when various diseases and health risks are associated directly with the kind of food one consumes, the worries become valid.

How breastfeeding impacts a child's health.

Breast milk contains many antibodies that help newborns against many childhood illnesses. These nutrients help reduce the severity and duration of diseases such as colds, ear infections, or diarrhea. In addition, breastfeeding has been linked to lower rates of sudden infant death syndrome (SIDS), obesity, type 2 diabetes, and certain types of cancer. For mothers, breastfeeding can also help reduce the risk of postpartum depression.

Breastfeeding is beneficial for newborn babies. The antibodies in breast milk are essential to the immune system and benefit their health in general. Furthermore, breastfeeding has been shown to increase intelligence levels.

In short, breastfeeding is an essential factor in maintaining good health throughout life. It benefits mothers and children, who have higher risks of illnesses post-pregnancy, which can be cured by breastfeeding.

Considering the impact breastfeeding has on a child, it is also important for the mother to take good care of her health.

[Read More....](#)

Monthly Highlights



SDG 3: Good Health and Well-Being

ROLE PLAY

• A) Cama Hospital, Mumbai

On 6th August 2022, on the occasion of "Breastfeeding Week", Child Help Foundation's Project Team member, Ms. Pranisha Lopes, along with Ms. Sunita Dhadha, and volunteers visited Cama Hospital for role play activity. The role play was done in two different maternity wards of Cama Hospital in the presence of lactating mothers, relatives of patients, and hospital staff. The intention behind the play was to raise awareness and promote baby feeding and BFCs.

• B) Kurla Railway Station, Mumbai

On 24th August 2022, Child Help Foundation conducted a role play at Kurla Railway Station with the intention to raise awareness and benefits of baby feeding. A total of 6 participants performed in the street play at the station. The Railway Officer Shri Keshav Tawde with other officers were present during the activity.



Monthly Highlights



Independence Day

• Celebration at BMC School, Maharashtra

On the occasion of Independence Day (15th August), a singing competition was conducted at BMC School, Mira Road by Child Help Foundation. Child Help Foundation project team member Ms. Neha Y. Singh joined all the children and teachers to attend the flag hoisting ceremony at school. The teachers explained to the children about the importance of Independence Day. 20 Children participated in a

singing competition. Ms Neha Singh and Master Sushant explained to the students about great leaders like Mahatma Gandhi, Matangini Hazara, and Bhagat Singh. Certificates & Snacks were also distributed among children.

• Celebration at Thangal, Tamil Nadu

On 15th August 2022, Independence Day was celebrated with the tuition students at Thangal perumbulam, Siruvakkam, Ponneri. Competitions like Speech Competition, Drawing Competition, and Storytelling Competition for students are conducted by team. Prizes were distributed to the children by the team. The toppers of all classes and 100% attendance achievers also got prizes. Medals, story books, G.K. books, pens were given to the winners. Sweets, snacks for all students and food for all students distributed during the activity.



Monthly Highlights



• International Youth Day, Mumbai

On 27 August 2022, on International Youth Day, Child Help Foundation organized a speech competition at Royal College, Mumbai, Maharashtra. The judges of the competition were Mr. Shashi Bhushan, CSR team member and Ms. Pranisha Lopez, project team member. Students were very happy to participate in this activity. The following topics were given to the students for this competition. Their comprehension skills were also a focus in this activity.

- 1) How will recycling help us?
- 2) Monday should be the third day of a three-day weekend.
- 3) Students should be taught application skills for life.
- 4) Indian Education System is highly appreciable
- 5) Junk food isn't all that bad
- 6) Deforestation Meaning and its impact on environment



• Capacity Building Workshop in School, Dimapur

In the month of August 2022, a workshop on Capacity Building was organized by Child help Foundation in two schools by coordinator Yashika at Dimapur branch, Nagaland. Parents meeting, Teachers meeting, and outdoor activities related to learning words identification, movie shows and games like straw with rubber and jump left, jump right.

Monthly Highlights

- **Education Support to 5 Students – Rehan Shaikh, Tulja Sonawane, Sharon Awale, Shannon D Souza, Ayushi Shukla**

Educational scholarship aid has been given to students named Rehan Sheikh, Tulja Sonawane and Sharon Awale in the month of August 2022. The aim behind the visit is to provide a good future life to kids by helping them financially. Child Help Foundation supports bright kids who are financially backward but have many dreams to achieve. Project team handed over the Scholarship cheques to school authorities for the fees of above mentioned students. Parents were very happy to receive the support rendered by Child Help Foundation.



Monthly Highlights



SDG 6: WAS (Water & Sanitation)

• In Sahapur, Odisha

Menstrual hygiene is a priority in humanitarian response during floods. To ensure menstrual hygiene during the calamity and to promote menstrual hygiene to the girl students in Sahapur School. On 15th August 2022, sanitary pads were distributed among the girl students of Sahapur School. A total of 532 sanitary napkins were distributed to girls.

• In Gujarat

On 20th August 2022, Child Help Foundation provided 7000 Sanitary Napkins. With this activity, we were able to raise awareness about sanitary napkin use amongst women in villages of Vadodara, in government schools and in low-resource communities.



• Handover and Installation of Water purifier

Under the clean Water And Sanitation (WAS) project, Child Help Foundation has provided Water Filter to four locations across India of which water purifiers have been installed at 2 locations. On 19th August, purifiers were installed in Gram Panchayat in Beed, Maharashtra, and on 22nd August, in Uran School in Maharashtra with an inauguration due next month. Child Help Foundation has handed water purifiers on 18th August to Sahapur School in Balasore, Odisha and in Dimapur, Nagaland on 24th August which are to be installed.

Monthly Highlights



SDG 5: Gender Equality

• Training on Self Defense, Maharashtra

On the occasion of National Women's Equality Day on August 26, 2022, a self-defense training and workshop was conducted at Murbad Ashram School, Maharashtra. The training session was conducted by Project team member Ms. Shilpa Lokhande. Girl students from 8th, 9th, 10th standard attended the training. Active participation was taken by participating students during the workshop.

SDG 11, 13 and 17: Humanitarian Relief

• Humanitarian Day – Say No to Plastic

On 19 August 2022, project staff Shilpa Lokhande visited Dhyas Foundation for the 'Say No to Plastic' initiative on World Humanitarian Day. The collected plastic waste was donated by the Child Help Foundation team to Dhyas Foundation. Dhyas Foundation team members Mr. Kiran Potdar and Ms. Manisha Gharat participated in this activity. Dhyas Foundation team members appreciated the initiative taken by Child Help Foundation.

Through this activity Child Help Foundation is taking big steps towards the protection of the environment.



• Humanitarian Relief– Assam Flood

On 4th August 2022, with the collaboration of CCHRC, Child Help Foundation distributed Ration Kits to 1000 Families of Assam Flood affected people in Silchara district. Groceries like rice, dal, oil, salt were distributed to the beneficiaries. Through this activity Child Help Foundation also supported 200 families in Silchara district.

Monthly Highlights

Other Activities:



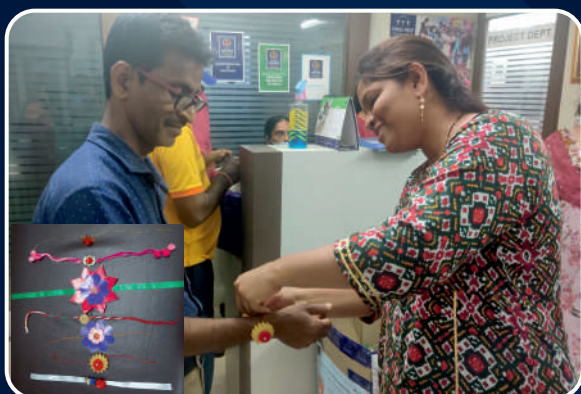
Friendship Day celebration in the Bhayander Community, Maharashtra

On 8th August 2022, Child Help Foundation celebrated Friendship Day with the people and children of the Bhayander community. To celebrate the joy of friendship, friendship bands, Caps and Chocolates were distributed to the kids. The children were very enthusiastic and also participated in fun games and activities for which winners were also rewarded with Chocolates.

Raksha Bandhan Celebrations – At The Police Station, Karnataka

A Raksha Bandhan celebration was organised by Child Help Foundation to create a sense of awareness and encourage camaraderie with the people incharge of protecting the public.

The event took place on 13th August 2022 and the programme started with the National Anthem. Mr. Pradeep Mendonca gave the welcome address and along with that he also gave a brief introduction about the activities of Child Help Foundation. The vote of thanks was given by Shinoj Narayanan. Respected DCP Mr. Bheemashankar S Guled and Rotarian Nagabhsan Reedy also addressed the crowd and staff. To celebrate the ceremonial tradition of tying Rakhi, the children from Gowthampura in Karnataka tied eco friendly Rakhis to Police personnels.



At Child Help Foundation's Head Office, Mumbai

Child Help Foundation volunteers and staff celebrated the festival of Raksha Bandhan at its Head Office. Volunteers and staff participated and they made handmade Rakhis. The volunteers and staff had to make their Rakhi's in the office itself. They then had to tie the rakhi to the colleague of their own choosing and even give the sweets to celebrate Rakhi in a more traditional way.

Monthly Highlights

Other Activities:

• Rangoli Competition, Mumbai

A Rangoli Competition was held on 13th August 2022 at Child Help Foundation's Head Office, Mumbai to celebrate the 75th Independence Day 'Azadi Ka Amrit Mahotsav'. The rangoli competition took place in the office itself where the participants constituted all the volunteers and staff. The participants presented their best creative skills and while all the teams did a commendable job, there were 3 teams that stood out. The winners were felicitated with Momentos. The name of winning groups are mentioned below -

1st Prize - The Creative Mind and Rise and Shine

2nd Prize - Azad Hind Ki Sena

3rd Prize - Team Tiranga and Independence Team



Events



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