

CHILD HELP FOUNDATION

NEWSLETTER

January'24 Journal



Volunteers Show of Effort in TATA Mumbai Marathon

Inauguration of Computer Lab Project

Tailik Girls High School
Barbigha, Bihar



Republic Day Celebration

Murbad Ashram School
Palghar, Maharashtra



About Us Newsletter



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.

Volunteers Show Effort in TATA Mumbai Marathon *Newsletter*





Child Help Foundation Participates in TATA Mumbai Marathon *Newsletter*

On 21 January, 2024, the TATA Marathon event was held. Child Help Foundation team participated in the Motivation Zone. It was decided that Child Help Foundation would promote the theme of 'Swastha Se Shiksha Tak. More than 1000 volunteers from various colleges participated in Child Help Foundation's endeavours.

A Selfie Point was installed at the Marathon for the runners to promote our cause and join the conversation of creating a healthy lifestyle. It was successful as it sparked conversations, raised awareness, and inspired positive action among both the spectators and participants of the TATA Marathon event.

The Selfie Point came with a QR Code that took the runner to a webpage containing infographics about healthy lifestyles and awareness of cancer. Information was related to childhood cancer, types of cancer, risk factors of cancer and side effects of chemotherapy.

The participation of volunteers was pivotal in engaging with the participants of the TATA Mumbai Marathon and we would like to thank each and every one of them for their selfless efforts for our movement. Our presence at the marathon would have been bland if it weren't for their energy and zeal to make a difference.

Speaking about the event, Mr. Jiji John (Executive Director of Child Help Foundation) said: "TATA Mumbai Marathon is one of the biggest events in Mumbai. So it was our pleasure to have a presence in front of thousands of runners. The volunteers also put on a great show and co-operated with us well, which helped our mission and goal. We hope that our message reaches as many people as possible."

The TATA Mumbai Marathon was a resounding success for us this year. We hope to participate again the next year with more pomp and splendour. We hope that we can reach out to more people next year with our cause.

Emergency Medical Support Newsletter



Devanand A
Leukaemia

Cancer Strikes Devanand, 10-Year-Old Boy Seeks Help

"Every time I visit the hospital, I try to put on a cheerful face for my hospitalized child. But as soon as I leave, my mask slips and I break down into tears. The joys of my family have withered away, and every second we pray for a miracle"

Manoj; (Father)

Master Devanand A is a ten-year-old child of Manoj and Sabitha, who has been taken down by leukaemia. It all started when Devanand experienced some issues regarding his health. Upon the doctor's examination, his faith was sealed. Devanand has been hospitalized for a month, and his friends and loved ones are waiting for him to return home.

According to the doctors at Kerala's Aster MIMS Hospital (3.2 km from Kozhikode Railway Station), Devanand needs chemotherapy for three and a half years, which would cost Rs 12,00,000/- (Rupees Twelve Lakh Only).

Manoj is a rubber tapper and earns a daily wage. He is the sole breadwinner in his family of four. Manoj's income is barely enough to feed his family, let alone pay such a hefty amount.

Manoj has received some help from his loved ones, but it hasn't been close to the amount required. Please be a beacon of hope and save Devanand from the depths of despair. Donate to his fundraiser and share it with all your friends and family members.

There are many more children who need urgent treatments, and your small contributions can make a huge difference. [Please Donate!](#)



Somala Gayathri
10 Years
Complex
Heart Disease



B/O Manasa
31 Days
Premature
Birth Complications



Shaik Jahangir
13 Years
Heart Disease



Pratham Hanabar
12 Years
Congenital Scoliosis



Baby of Arfa Naiza
11 Months
Bilateral
Abductor Palsy

Success Stories

Newsletter



Aadvik Ojha

Aadvik's parents can't believe the miracle they have witnessed. It seems like yesterday when he was battling for life in the ICU, but today he is hale and hearty and ready to move on. The 10-month-boy has a new lease on life, which was only possible because of the donors of Child Help Foundation



Aditya Raut

Thanks to the donors of Child Help Foundation, Aditya Raut has finally undergone a liver transplant. The transplant was the final nail in the coffin of cholesterolemia that was bugging him. Aditya is back at school, where he belongs with new motivation to excel in his academics.



Anas Shaikh

A rare and deadly disorder had clutched Anas by his throat, threatening to take his life. But when all hope seemed lost, the donors of Child Help Foundation came to the rescue and helped him to reach the path of recovery. Today, Anas Shaikh is back at his house with the disease slowly fading away from his memory.



Arfa Nazia

Arfa Nazia wasn't welcomed with smiles in this world but with dread and panic. At the time of her birth, the doctors informed the parents that Arfa was suffering from a severe breathing issue. Arfa's father took several loans for his daughter's treatment, but it wasn't enough. However, with the help of Child Help Foundation's donors, he has finally been able to save his dear daughter.

Success Stories

Newsletter



Baby of Sushmitha

Sushmitha gave birth to a beautiful baby girl on 6th January, 2024. However, the baby was born with Myelomeningocele, a tumour in her spinal cord. The baby needed surgical intervention to survive. With the income of the parents falling short, the donors lent a hand to save this beautiful little angel.



**Dnyanda
Kishor Dhamdhare**

Breathing Complications, Fever and Cold became common occurrences in the life of the two-year-old, Dnyanda. She was suffering from a heart disease, which needed early treatment. But Dnyanda's parents worked as farm labourers, making it difficult to pay for the expensive treatment. When all hope seemed lost, the parents approached Child Help Foundation for help. After the necessary verification, the donors helped to raise money for Dnyanda.



Haniya

At the mere age of eight months, Haniya was diagnosed with a heart disease. She had a hole in her heart and had to be saved as quickly as possible. Haniya's father was the sole breadwinner in his family, making it extremely difficult to raise the money. Thankfully, the donors of Child Help Foundation helped to raise Haniya back on her feet.



Heeba

Today, Heeba resides with her parents, but that was not the case a few weeks ago as she was battling a terrible heart disease. The bills were high, but not the income of her father who worked as a cleaner. With little hope, her parents reached out to Child Help Foundation. His hope was warranted as the donors helped to save Heeba from the depths of despair.

Success Stories

Newsletter



Mahananda

Mahananda dreamed of an independent life, free from her disability. But her wishes always remained a distant dream. Treatment was her only hope. However, her father's income was extremely low, making it impossible to do the treatment. So, the donors raised money for Mahananda and helped to get the life she dreamt of.



Neel Bahri

For twelve years, comfort remained a distant stranger to Neel. He was born with a heart disease that never seemed to go away. With a faint glimmer of hope, Neel's parents approached Child Help Foundation for help. Their faith was rewarded with huge donations from donors, which proved to be useful for the treatment.



Pari Bana

Recurring fevers, chest pain and breathing complications plagued the days of Pari Bana, making each day pass with pain and misery. She needed treatment. But with her father working as a labourer, it seemed impossible for Pari to undergo treatment. However, the efforts of donors saved Pari from further harm and helped her get treatment.



Shambhu Borkar

It all started when Shambhu developed a fever. That mere fever would turn out to be Neuroblastoma, which threatened to plunge him into depths of despair. Shambhu battled Neuroblastoma bravely and the donors poured in their donations with their entire hearts. With the will of Shambhu and the support of the donors, cancer never stood a chance. Today, Shambhu lives cancer-free and looks forward to living his life.

Success Stories

Newsletter



Shrishti

The childhood of Shrishti seemed to be under threat as she was diagnosed with a heart condition. Having exhausted all their savings, hope seemed bleak. However, faith was restored when the donors relentlessly campaigned to save the life of Shrishti. Today, Shrishti's life has been secured thanks to the kind-hearted donors.



Twins of Poornima

Poornima will never forget the kindness of Child Help Foundation's donors. It was only months ago that she was fearing for the lives of her babies, but it all seems like a distant dream right now. Poornima's babies were born prematurely and were extremely weak. But today, all is in the past, thanks to the donors of Child Help Foundation.



The Psychological Effects of Child Marriage on Young Girls

Newsletter

Child marriage, a deeply rooted societal issue, continues to plague communities across the globe, leaving countless young girls grappling with its profound psychological consequences. According to UNICEF, the global number of child brides is now estimated at 650 million, including girls under age 18 who have already married, and adult women who married in childhood. Beyond the legal and ethical concerns, the emotional toll of early marriage on these vulnerable individuals is often overlooked. This blog aims to shed light on the lasting psychological effects of child marriage, emphasizing the urgent need for awareness and intervention.

Loss of Agency and Autonomy:

One of the primary psychological repercussions of child marriage is the abrupt loss of agency and autonomy. Young girls are pushed into marital roles, often lacking the emotional and mental preparedness necessary for such commitments. The sudden transition from childhood to married life robs them of the opportunity to shape their futures, contributing to a sense of powerlessness and helplessness.

Impact on Mental Health:

Child brides frequently grapple with mental health issues, including anxiety, depression,

and even post-traumatic stress disorder (PTSD). Other issues include psychological distress, stress, suicidality, substance misuse and other mental disorders. The overwhelming responsibilities and societal expectations placed on these young shoulders can lead to isolation and despair. The lack of emotional support and understanding exacerbates their mental health struggles, perpetuating a cycle of suffering.

Child Help Foundation is committed to helping children with mental health issues and being heard. So far, we have organized numerous mental health awareness and suicide prevention sessions by collaborating with mental health experts, psychologists, and educators to develop resources and programs tailored to address the unique needs of children.

Educational Disruption:

Child marriage invariably disrupts a girl's education, compounding the psychological toll. The termination of formal education often leaves these girls feeling unfulfilled and stifled, as they are denied the opportunity to pursue their dreams and aspirations. The resulting feelings of inadequacy and regret can have lasting effects on their self-esteem and overall well-being.

[Read More](#)

GOOD HEALTH AND WELL-BEING (SDG-3) *Newsletter*



Internal Review Meeting with the Project Team of LTPCT Vikramgad, Maharashtra

A meeting with LTPCT team members was held in Vikramgad, Maharashtra to propose monthly planning of new activities, which has to be presented during the next financial year by LTCPT. A review of the targets and achievements was conducted. The team members submitted vouchers to settle financial expenditures related to the project travel.

Awareness Session on Gendercide & Menstrual Hygiene - (NSS unit) Camp

Posari Thakurwadi

On 8th January, Ms. Ria, Ibrahim and Mr. Shashibhushan, Child Help Foundation team members visited, Posari, Panvel to conduct a session at the NSS site in Posari Thakurwadi, Maharashtra. The session was conducted with women from the community, who were of all ages. The topic was "Female Gendercide and Menstrual Hygiene". In the first half, a session on introducing Gendercide and its impact, what adverse effects it has on the community, and how much success and learning we have gained from the field for the past six months was covered. A lot of myths & superstitions were debunked in the session. Villagers who responded very well and were active throughout the session.



GOOD HEALTH AND WELL-BEING (SDG-3) *Newsletter*



Distribution of Ration Kits to Tuberculosis Patients Mulund, Maharashtra

On 10th January, Mr. Manoj, a Child Help Foundation team member, visited Mulund, Maharashtra; in support of the PMTBMB (Pradhan Mantri TB Mukht Bharat) Yojna. Child Help Foundation staff actively distributed nutrition kits in January- in collaboration with the Brihanmumbai Municipal Corporation (BMC), 40 paediatricians were provided external support in Mulund. These nutrition kits consist of rice, wheat flour, groundnuts etc. These kits are to contribute to the government's mission that the nation should be Tuberculosis-Free.

Yoga Session

Kurnze Ashram School, Palghar, Maharashtra

As part of wellness activities for the children under the School Health Project, the workshop was organized on Yoga, involving students and their teachers from the Kurnze Ashram School in Palghar, Maharashtra. The workshop was conducted by a certified yoga instructor and students performed various Asanas (exercises) under the observation of the yoga instructor. To make it easy to understand, the instructor called a few students ahead and performed the exercises through them. As a demo, the instructor also did some exercises so that the children would learn by seeing. Apart from exercises, he explained the benefits of each exercise and explained how essential it is for everyone to do yoga in their day-to-day life for good mental and physical well-being.



GOOD HEALTH AND WELL-BEING (SDG-3) *Newsletter*



Menstrual Hygiene Session Mary Immaculate Girls High School Borivali, Maharashtra

A Session on Menstrual Hygiene was conducted with the class of 7th Std girls in Mary Immaculate Girls High School in Borivali, Maharashtra. A total of 250 girls attended the training session. The trainer prepared a PowerPoint presentation on the subject which included topics like the female reproductive system, 28 days menstrual cycle, managing the first period, menstrual hygienic practices and diet during menstrual periods. The session ended with a clear understanding of this natural phenomenon and maturity as a side-by-side factor for growth and development. They became familiar with the terms periods, menstruation and PMSing and accepted that is a part of their growth and is natural. They can be proud of it as it's a sign of growth. A piece of information on cancer awareness was also shared.

Presentation of Child Help Foundation to the Management Team of Borneo Mother & Child Care Hospital

A Child Help Foundation presentation was shared with Borneo Mother and Child Care's management team. On the 24th of January, 2024, Chris Shenoy and Madhuri Chiplunker, representatives of Child Help Foundation, visited the wards and various departments of the hospital.



GOOD HEALTH AND WELL-BEING (SDG-3) *Newsletter*



Meeting with the Asst. PO Murbad Ashram School Palghar, Maharashtra

On 29th January, Child Help Foundation team members, Mr. Ravsaheb, Ms. Chris Shenoy, and Ms. Meena Lee visited Murbad Ashram School in Palghar, Maharashtra. They discussed with the Principal and Mr. Subhash Pardesi, Asst. PO about the School Health Project and took his feedback on the program. Mr. Subhash had a few suggestions regarding the project, which were noted down.

Updates of Baby Feeding Centres

During a monitoring visit to Baby Feeding Centres at Palghar and Boisar Railway Stations in Maharashtra on 27th January, Child Help Foundation team members received appreciation letters from the station masters. The centre was also found to be well-maintained. Almost all centres were found to be well utilized namely centres at Sir C.V. Raman General Hospital, Kalyan Railway Station, Pune Railway Station, CAMA Hospital, St George's Hospital, Sir J J Hospital & Urban Health Centre in Maharashtra; Sir Atalbihari Vajpayee College in Madhya Pradesh; Chottanikkara Temple, General Hospital and Lakeshore Hospital in Kerala; Vizag Railway Station in Andhra Pradesh; C.V. Raman Hospital in Karnataka; Institute for Child Health & Hospital for Children and Institute of Obstetrics and Gynaecology in Tamil Nadu; Katihar Railway Station in Bihar and New Japlaiguri Railway Station in West Bengal. However, centres at Kurla Railway Station and Kashimira Police Station in Maharashtra were not well-utilized or well-maintained.

At Kurla Railway Station, Mothers have to go to platform number 2 of the station to collect the key of the centre. Meanwhile, police personnel are busy with their duty and are not able to look after the centre. It has been decided to put up a display to inform the mothers about the centre.



Palghar Railway Station
Maharashtra



Boisar Railway Station
Maharashtra



Kashimira Police Station
Maharashtra



GOOD HEALTH AND WELL-BEING (SDG-3) Newsletter



Kalyan Railway Station Maharashtra



Kurla Railway Station Maharashtra



Pune Railway Station Maharashtra



Urban Health Centre Maharashtra



Cama and Albles Hospitals Maharashtra



Sir J.J. Hospital Maharashtra



St. George's Hospital Maharashtra



Katihar Railway Station Bihar



New Jalpaiguri Railway Station West Bengal



C. V Raman Hospital Karnataka



C. V Raman Hospital Karnataka



Atal Bihari Vajpayee Karnataka

GOOD HEALTH AND WELL-BEING (SDG-3) *Newsletter*



Baby Sleeping Sack Distribution

The baby sack distribution, titled 'Sleeping Sack Kiddie Comforts', is a comfortable sleeping sack for children of 6 months to 2 years, where the material is made comfortable as well as baby-friendly in terms of dryness and cleanliness. These baby sacks are being distributed amongst the less privileged masses to help their children during the various seasons keeping them comfortable and warm.

The distribution was carried out in the following places; Raytale Village (Jawhar, Maharashtra), General Hospital (Bengaluru, Karnataka), Matushree Manovikasa Kendra (Bengaluru, Karnataka) and Araku Hill Station (Bengaluru, Karnataka)



GOOD HEALTH AND WELL-BEING (SDG-3) *Newsletter*



Arogya Sadan Mumbai, Maharashtra

Child Help Foundation is committed to making a positive impact on the lives of various disease and disorder-affected pediatric patients and their families. We are working to provide support and assistance to these young warriors who battle with unwavering courage. Arogya Sadan serves as an essential facility to provide care, support, and a safe environment for children living with various types of diseases and disorders. Arogya Sadan provides Free Accommodation, Free Food (Nutrition), Free Transportation, Hygiene and Sanitation, Psychosocial Support, Non-Formal Education Services, and Recreational facilities to the pediatric patient and the families. Arogya Sadan offers disease and disorder-affected pediatric patients and their families a supportive and caring environment to manage their condition effectively.

The status of the cases is as follows:

1. Master Narayan Thakur - Pre-Bone Marrow Transplant Treatment is ongoing
2. Master Aryan Kumar - Transplant Canceled due to Platelet Increase
3. Master Aarav Kumar - Bone Marrow Transplant Done; Undergoing After-Care in Arogya Sadan
4. Miss Aradhya Kumari Kumari - Bone Marrow Transplant Done; Undergoing After-Care in Arogya Sadan
5. Master Aman Ahirwar - Bone Marrow Transplant Done; Case Completed
6. Master Vikrant Thakur - Bone Marrow Transplant Done; Case Completed
7. Master Amit Kumar - Bone Marrow Transplant Failed; Doctors Searching for Other Options
8. Master Abhishek Kumar - Bone Marrow Transplant Done; Undergoing After-Care in Arogya Sadan
9. Master Akash Kumar - Pre-Bone Marrow Transplant Treatment is ongoing
10. Miss Swati Hasanda - Pre-Bone Marrow Transplant Treatment is ongoing

QUALITY EDUCATION (SDG-4) *Newsletter*



Scholarship Verification Colaba, Maharashtra

Mr. Prakash Chavan, Father of Ms. Shivani, requested Child Help Foundation to provide education support for her daughter who Studies at Holy Name High School in Colaba, Maharashtra. The Father of the child Earns Rs.15000/- as a school peon and her mother earns Rs.10000/- as a nurse in a private hospital. The Family earns a collective income of Rs.25000/- .Shivani also has one brother and lives in a nuclear family.

Psychology Activity with Children

Mumbai Suburban, Maharashtra

An art and craft activity was conducted with 60 school children of Mumbai Suburban, Maharashtra by an Intern and Child Help Foundation staff Ms. Ria. Child Help Foundation volunteer, Asmita, helped in the organization of the event. The intern was a psychology student. The children were engaged in playing games, math and number activity to test their calculation skills. The children were very happy and enjoyed learning as they also received prizes for their win. The session ended with serving refreshments for everyone.

QUALITY EDUCATION (SDG-4) *Newsletter*



Education Verification Mumbai Suburban, Maharashtra

Mrs. Poonam Vadher, a housewife working at a hotel, requested Child Help Foundation for scholarship support for her 2 children. Dharmesh Vadher, father of the children has undergone hip replacement surgery, making him unable to work. The children study at Adarsh Vidya Niketan in Mumbai Suburban, Maharashtra. The family was in real need of financial support.

Activities with Children Mumbai Suburban, Maharashtra

An activity was organized by Child Help Foundation volunteers from the Mashacha Pada community in Maharashtra. Ms. Jyoti and Ms. Arwa, an Intern were present for the program. Since the intern is a psychology student, she conducted arts and crafts activities and memory-enhancing activities with the children. The group was between the ages group between 8 to 12 years. The children enjoyed learning as prizes were also presented to them. The session ended with refreshments for everyone.



QUALITY EDUCATION (SDG-4) *Newsletter*



Slum Children's Education Programme

Modband, Delhi

Delhi Office started a slum children's education programme in Modband, New Delhi. It started with 15 children and we expect to reach 50 children in this location. Under the same program, volunteers will be teaching slum children in various locations of South Delhi soon. Corporate Wave Infratech has agreed to provide healthy drinks and snacks for these children.

Session on Managing Stress and Career Guidance

Murbad Ashram School, Palghar, Maharashtra

A session was organized on 16th January 2024, on the topics of Stress Management and Career Guidance. The session was conducted under the Mini Science Centre Project which is supported by Samata Equal Footing. The objective was to teach the techniques to reduce the stress that students face during the exam. Also to guide the students about career options. Ms Shweta Harishchandra Patil, Assistant Professor, A.G.S. College of Education (B.Ed.) was a guest speaker for the session. The session was organized for 9th and 10th standard students from Murbad Ashram School in Palghar, Maharashtra. The teachers thanked Child Help Foundation and Ms. Patil for guiding the students.



QUALITY EDUCATION (SDG-4) *Newsletter*



Mini Science Centre Project Palghar, Maharashtra

The Mini Science Centre Project in 4 schools of Palghar District of Maharashtra is functional. The project is supported by Samata Equal Footing. One coordinator and one supporting staff have been appointed and they are regularly conducting classes with the help of the science and math models. The school teachers are also using the models for teaching the subjects. The project is functional in four schools- Sakhare Ashram School, Pali Ashram School, Murbad Ashram School and Vangani Ashram School.

Update on Dorf Ketal

Central Marathi Primary School Amboli, Dadra and Nagar Haveli and Daman Diu

In a total of 45 periods, an estimated time of 45 minutes per period was taken by the computer teacher to teach the students different subjects. A total of 639 students benefited (144 are unit beneficiaries) from the programme. The students from the primary section learnt 'Paint' and the secondary students practised 'Microsoft Word'. A few theory classes were also conducted by the teacher to make them aware of (AI) Artificial Intelligence and its specifications. It was found that students from class 5th to 8th can handle the computer properly and understand the given instructions and implement them properly. While, students from class 2nd to 4th, have good control of the mouse and are using the mouse keyboard well.



QUALITY EDUCATION (SDG-4) *Newsletter*



School Survey with BALCO CSR Team Korba, Chhattisgarh

The baseline survey was conducted in the schools from the Korba district in Chhattisgarh. Child Help Foundation team visited and the survey was conducted between 8th to 11th January 2024. A total of 14 schools were personally visited and details were collected such as the number of students, teacher strength, requirements and overall situation of the schools in terms of academic performance. The visit was facilitated by the CSR department of Vedanta, which is known as BALCO (Bharat Aluminum Company LTD). Vedanta is also associated with these schools through numerous social and educational initiatives which are designed to improve the overall status and academic performance of the students. Upon the survey findings, Child Help Foundation will submit the grant proposal to Vedanta concentrating mostly on educational activities.

Mini Science Centre Project M S Maur and M S Koyaribigha School, Bihar

The Mini Science Centre project is being implemented at M S Maur and M S Koyaribigha School in Barbiga, Bihar. The project is supported by National Fertilizers Limited. Lessons in Science and Mathematics are regularly conducted with the help of the models provided by the Mini Science Centre. As Ms. Rajanikumari resigned, a new coordinator was appointed in her place. She started conducting lessons in Science and Math with the help of the models. Students enjoy the classes under MSC and prepare the models themselves. The students enjoy learning Science & Mathematics and are very eager to attend these classes.



QUALITY EDUCATION (SDG-4) *Newsletter*



Inauguration of Computer Lab Project Tailik Girls High School, Barbigha, Bihar

A new project was started in December at Tailik Girls High School, Barbigha, Bihar. The project is to set up a Computer Lab for the students of the school. The project is supported by National Fertilizers Limited. The room was prepared, the electrical work was done and 21 computers were installed. The Lab was ready by the first week of January. The date for the inauguration was on 12th January. The program happened in the presence of Dr Poonam Sharma, as a chief guest. Mr Rajendra Pathak and Mr. Sunil Varghese (Founders & Trustees -Child Help Foundation), Child Help Foundation team members, the principal, and the teachers were present for the program. After the inauguration a computer teacher was appointed and the regular computer classes started on 16th January.

POSH Training

Sessions on POSH were conducted by Meena Lokhande-Lee, Head- Resource Mobilization. The provisions of POSH were elaborated in the session. Formation of the Internal Compliance Committee (ICC), Cases of POSH, Gender Equality and the Responsibilities of the Head were discussed. The sessions were held in the following locations in Mumbai, Maharashtra:

1. Taj Lands End
2. Indian Church of Christ (IC)
3. Taj Palace
4. Taj Lands End



QUALITY EDUCATION (SDG-4) *Newsletter*



Republic Day Celebration

Murbad Ashram School Palghar, Maharashtra

On 26th January, 2024, Republic Day celebrations were held at Murbad Ashram School in Palghar, Maharashtra. The students conducted various cultural programs and performances, which were met with a round of applause by the attendees. Child Help Foundation handed out trophies to the students for participating and received gratitude from the principal and teachers for their presence.



QUALITY EDUCATION (SDG-4) *Newsletter*



Activities at Child Care Institute (CCI)

1. Numerous activities were conducted in Child Care Institutes (CCI). The details of the activities are as follows:
2. Needs Charitable Trust (Bengaluru, Karnataka): Birthday Celebration, Counseling, Blanket Distribution and Health awareness
3. Ashraya (Bhubaneswar, Odisha): New Year Celebration, Netaji Bose Jayanti, Republic Day Celebration
4. Khirod Basini Kanya Ashram (Angul, Odisha): Counseling, Nutrition serving, School Campus Cleaning
5. Koel Saraswati (Angul, Odisha): Debate and Essay Competitions
6. Charis Foundation (Thirumullaivoyal, Tamil Nadu): New Year, Pongal Republic Day and Birthday Celebrations
7. Special School of Joy (Kadma, Jharkhand): Republic Day Celebration and Picnic
8. Saraswati Anath Shikshan Ashram (Pune, Maharashtra): Celebrated Hindi Diwas, Chacha Nehru Bal Diwas, Yoga, Drawing and Medical Camp



QUALITY EDUCATION (SDG-4) *Newsletter*



Drone Distribution Kochi, Kerala

Child Help Foundation distributed drones completely free of cost to students in Kochi, Kerala. The students were also taught how to operate the drones by themselves, giving them access to modern technology in the process.

GENDER EQUALITY (SDG-5) Newsletter



School / Colleges / Communities Visitation for Invisible Girl Project (IGP)

Ms. Ria, Mr. Anna Rao Sir had conducted sessions in around 12 schools/colleges, corporate institutes, and communities in Maharashtra and went for seeking permission for IGP sessions to conduct the awareness sessions on female gendercide and gender equality. A total of 8 sessions were conducted by Anna Rao and 4 sessions by Ria

Listed below are the schools where the IGP sessions have been conducted for the month of Jan 2024:

1. Mahalaxmi Ashram School
2. Nani Wali Ashram School
3. Talasari Warwada Ashram School
4. MD College NSS Unit Camp
5. Urze Ashram School

6. Dahanu Dhamangaon Ashram School
7. Pravin Patil College
8. Girgaon Talasari Ashram School
9. SN College
10. Dongari Ashram School
11. Abhinav College
12. Khambale Ashram School

Highlights of the Month:

We were able to have our first official meeting after a 3-month gap with the IGP Project head, Mrs. Priya Juliet after 3 months i.e. on the 18th Jan 2024.

Challenges Faced:

Since our project had officially been on for 6 months, we decided to extend it as where permissions were granted to conduct sessions. Mumbai region had limited access to schools and colleges as they were packed with extra-curricular and sports activities and were not free to conduct the sessions hence there were few.



GENDER EQUALITY (SDG-5) Newsletter



Adolescent Reproductive and Sexual Health (ARSH) Palghar School, Palghar, Maharashtra

Child Help Foundation is dedicated to improving the lives of children and adolescents by addressing their unique needs and challenges. In line with our commitment, we propose a comprehensive project to promote adolescent

health and well-being in Palghar School, located in the Palghar district of Maharashtra. The ARSH project aims to address the critical issues of sexual and reproductive health among adolescent girls, specifically focusing on the challenges of child marriage and the lack of proper education on menstrual hygiene. By providing comprehensive SRH education, raising awareness about menstrual hygiene, and advocating for an end to child marriage, the project aims to empower adolescent girls with the knowledge and resources necessary to make informed decisions, protect their rights, and lead healthy lives.

In January 2024, Prize distribution ceremonies were conducted at 11 schools. Prizes for speech competitions, poster-making competitions, drawing competitions and debate competitions have been given to the winners. Shilpa Lokhande, ARSH project head visited 11 schools this month to identify the gaps and address them.

Details of Beneficiaries

Sr. No.	Name of Activities	Overall Target - Till March 2024	August 2023	September 2023	October 2023	November 2023	December 2023	January 2024	Remark
1.	ARSH Awareness Session with Adolescent Girls	6000 Adolescent Girls	787	580	1991	621	2536	1829	Covered 8344 adolescent girls
2.	Formation of Kishori Group	30 Groups	10 Groups	5 Groups	17 Groups	4 Groups	No Groups	No Groups	Formed 36 Kishori Groups
3.	Awareness Sessions with Teachers	150 Teachers	36 Teachers	10 Teachers	41 Teaching & non-Teaching Staff	6 Teachers	25 Teachers	13 Teachers	Information given to 131 teachers

ZERO HUNGER (SDG-2) *Newsletter*



Roti Ghar

Child Help Foundation in collaboration with Roti Ghar provided cooked food to 1800 children in Maharashtra, Delhi, Karnataka, Odisha, and Telangana. Child Help Foundation's main aim is to provide food to needy children and make their future bright and better by providing nourishing meals and taking care of their health so they can know the importance of food. No child will go to bed hungry in this world.



HUMANITARIAN RELIEF (SDG-13) *Newsletter*



Winter Essentials Distribution at Old Age Home SHEOMS, Okhla, Delhi

On 5th January, 2024, Child Help Foundation distributed approximately. 100 quilts, slippers, woollen caps and 50 Adult Diapers to an old age home, SHEOMS, in Okhla, Delhi. This old age home has 125 elderly people at present and is well-equipped and professionally managed. All items were donated by a corporation in Gurugram, Haryana under our winter drive initiative.

Gift Distribution for Orphan Children at Welfare Home

Delhi

On 12th January, 2024, Child Help Foundation Delhi fulfilled the wishes of orphan children at the welfare shelter for children, run by the Delhi Government. Many exclusive presents were given along with woollens for those children.



HUMANITARIAN RELIEF (SDG-13) *Newsletter*



Distribution of Air Mattress Mathrushree Manovikasa Kendra Bengaluru, Karnataka

On 31st January, Air Mattress were distributed at Mathrushree Manovikasa Kendra for specially abled children. There were several guests for the program. Chief Guest - Police Commissioner of Bengaluru, Mr. B Dayananda, Dr. Shashikala - RMO, Sir C V Raman General Hospital, Bengaluru and Mr. Vijay Chandran & Mr. Linto Paul from Anthology International Pvt Ltd. The event was conducted by the Child Help Foundation volunteers, Ms Bhuanesvari and Ms Gladys



VILLAGE DEVELOPMENT PROJECT (SDG 8 & 10)

Newsletter



Village Cleaning Sahapur, Odisha

During January, a Village cleaning activity was done by the 30 volunteers of Hemchandra Simanta Sanskrit Vidyalaya at Sahapur, Odisha. Community and temple places were cleaned by volunteers and proper instruction was given to villagers to keep their areas clean and tidy. Through this activity, they learned to clean the premises of the village and also got the opportunity to motivate others.

Village Cleaning

Gulabigaon, Nashik, Maharashtra

On 23rd January, 2024, a Village Cleaning Activity was conducted at Gulabigaon Village, Surgana, Nashik, Maharashtra. The activity was conducted in the presence of Shilpa Lokhande, Deputy Manager-Child Help Foundation and Mr. Aman Matolia-Team member of Child Aid Foundation. The activity was performed by the volunteers of the village. They started to keep the village premises clean. A total of 25 volunteers and 5 team members participated in the activity.



Life Below Water (SDG 14) *Newsletter*



Beach Clean-up with Mega Beach Cleanup

Vizag, Andhra Pradesh

Child Help Foundation Vizag collaborated with Mega Beach Cleanup. The ambassador of the organisation is Lavanya Tripathi, famed for her performances in Bhale Bhale Magadivoy (2015) and Soggade Chinni Nayana (2016). The organisation appreciated Child Help Foundation for its efforts.



OTHER ACTIVITIES

Newsletter



Project with ISKCON Palghar, Maharashtra


Child Help Foundation had a meeting at ISKCON, Palghar. It was regarding the new project on nutrition for children. The approach of the programme involves providing nutritious ladoos and barfis, conducting health check-ups, educating parents about the importance of a balanced diet, and recruiting and training Swasthya Rakshak Dampatis as project coordinators, health workers, and nutritionists to carry out these activities.



AWARDS AND APPRECIATION CERTIFICATION *Newsletter*

Received Appreciation Letter from MLA from Delhi Government

सहीराम
विधायक
तुंगलकाबाद विधानसभा क्षेत्र



अध्यक्ष
स्वास्थ्य एवं विनाय से सम्बंध स्थाई समिति
मुख्य
अन्य पिछड़ा वर्ग कल्याण समिति
दिल्ली विधानसभा

क्रमांक / AC-52 / MLA / 2023-24 /

दिनांक : 12/01/2024

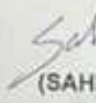
To,
Mr Sanjay Sinha
Child help Foundation,
E4 B1, Mohan Estate
New Delhi-110044


Appreciation Letter

I would like to extend my best wishes to "the staff and management of Child help Foundation, New Delhi, for their exemplary work in the field of women empowerment, child education and health. Their work in praise worthy.

Wishing the organisation my best for all future Endeavours of Bringing Smiles on the faces of a marginalised people.

Thanking you,


(SAHIRAM)



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Our Programs Newsletter



2 ZERO HUNGER



3 GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



5 GENDER EQUALITY



6 CLEAN WATER AND SANITATION



8 DECENT WORK AND ECONOMIC GROWTH



10 REDUCED INEQUALITIES



11 SUSTAINABLE CITIES AND COMMUNITIES



13 CLIMATE ACTION



14 LIFE BELOW WATER



15 LIFE ON LAND



17 PARTNERSHIPS FOR THE GOALS

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