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# EKAM FOUNDATION

## ANNUAL REPORT

2022-23

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# EKAM FOUNDATION

Welcome to the heart of EKAM Foundation, where every beat resonates with a shared belief: that no child should be denied the embrace of healthcare. EKAM is a ray of hope and working as a not-for-profit organization with a mission of compassion and commitment.

At the core of EKAM's uniqueness lies a healthcare model with the public healthcare system, an ideal partnership that propels our mission forward. We are not here to replace but to supplement and fill the gaps with love, care, and expertise. We place the spotlight on the delicate journey of neonates and infants, recognizing that a child's health is intricately woven into the well-being of its mother.

Our interventions are crafted with precision to address the challenges within the vast landscape of Reproductive, Maternal, Newborn Child, and Adolescent Health (RMNCH+A). In the grand tapestry of EKAM's mission, every stitch is a commitment to reduce not just infant, childhood, and adolescent mortality rates but also the maternal heartbeat of despair.

EKAM beats a resolute desire to create a world where healthcare is not a privilege but a birthright, where the journey from infancy to adolescence is paved with the steady footsteps of health and happiness.





## WORDS FROM THE FOUNDER

It is my pleasure and a special honour to reach out to you all once again to share the many joys and milestones of the Ekam family for the year 2021-2022. Ekam now has spanned more than a decade's divine journey; that has accumulated a wealth of learning and goodwill; along with friends and networks across geography and global outreach, Ekam continues to grow.

The year gone by was once again dedicated towards serving with gratitude. Standing committed to our tag mission of a happy and healthy community, the year was dedicated to impart an all round cover of life savings, supporting medical resource points, empowering individuals and fill as many gaps related to the well being. Since the year also overlapped with the much unfortunate occurrence of COVID-19 pandemic, an exclusive series of operational initiatives were rolled out to contain the situation.

A commendable supportive effort from our team, associates, friends, donors and volunteers marks the highlight for the year. We stand compassionate with all those faced with the wrath of the pandemic in any way. That is why we widen our horizons to be on a serving interface for individuals from all corners. We are happy to see our long term sponsors and donors who continue to stand with us with their much needed support.

Everyone of our donors, corporate sponsors and philanthropic foundations that extend support is important to us. And we thank them from the bottom of our hearts. Elsewhere in this report, you will find an indicative list of donors. We thank them all. It is with great joy that I share that our recent approach to the Ekam vision of building healthy communities through sustainable well-being is being widely accepted and backed by support, both from the State governments and independent organisations.

Our vision in Oneness is firm. Our path is clear and progressive. With the abundant guidance and blessings of the Divine, we have miles to go and more to do.

Yours in Oneness  
With Love  
Sai

# VISION

Healthy and happy  
children, mothers  
and communities.

# MISSION

“Committed to uplifting the health and well-being of communities, mothers, and children, we passionately engage in the RMNCH+A sector.”

“Our mission transcends individual efforts as we collaborate to enhance service delivery in the Public Health System, fostering a collective approach. Through robust partnerships with the CCPP Community, Civil Society Organizations, and both the Public and Private sectors, we aim for comprehensive impact. Our dedication extends to empowering communities, guiding decision-making, and cultivating a well-being culture. With a sustained community platform, we not only support but also motivate individuals to embrace healthy lifestyles. Together, we shape a healthier and more resilient future.”

# VALUES

At Ekam, each initiative and program is imbued with the essence of our core values, acting as a steadfast moral compass that steers every decision and choice. As we stride purposefully towards our vision, the following values not only define us but also shape our operational paradigm:



**Oneness**

**Truth**

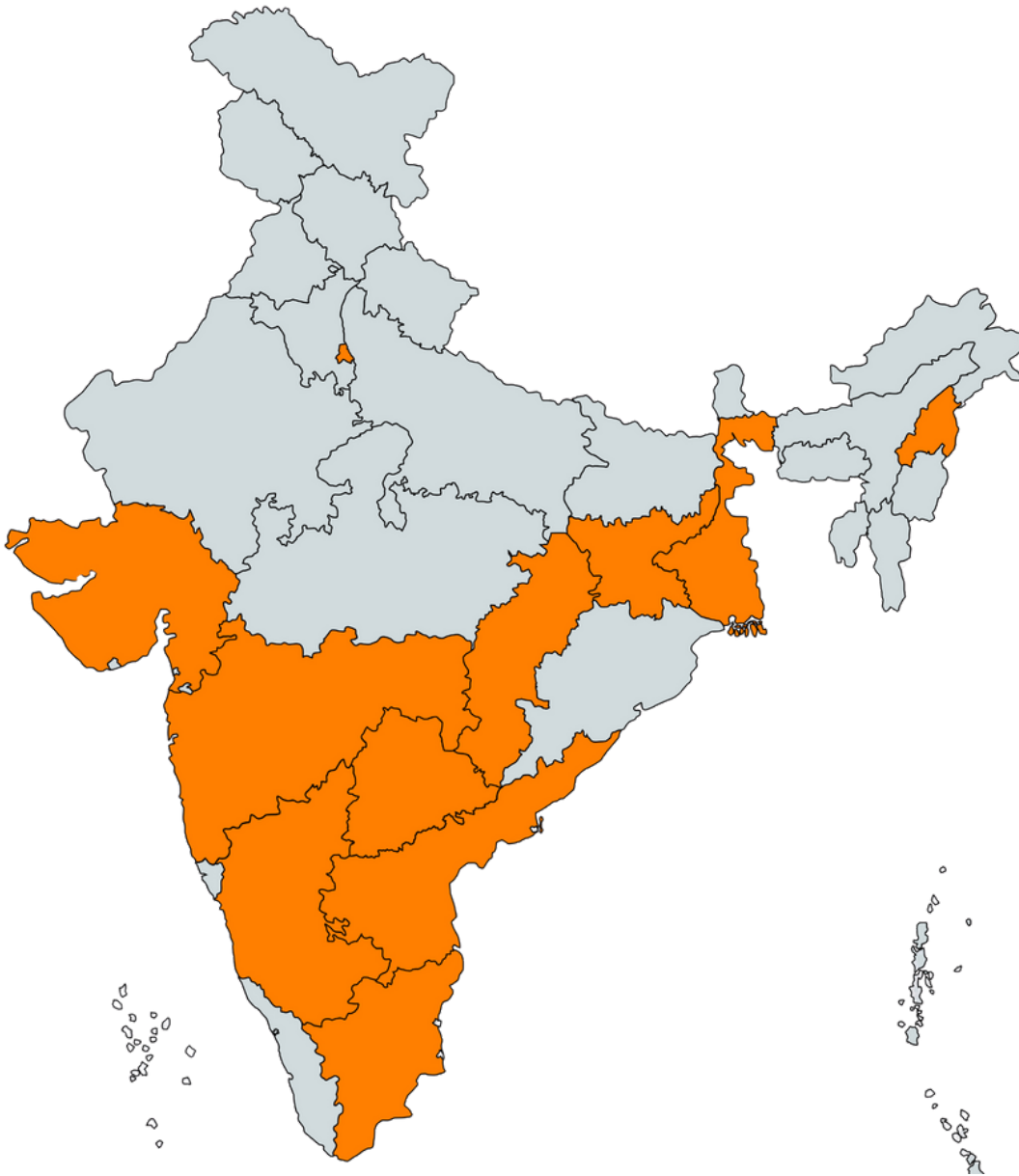


**Compassion**



**Self-  
Obsolescence**

## EKAM'S DOMESTIC REACH



- Tamilnadu
- Jharkhand
- Telangana
- Karnataka
- Chattisgarh
- Andhra Pradesh
- Nagaland
- Maharashtra
- West Bengal
- Gujarat
- Delhi

## EKAM'S GLOBAL REACH



**Canada**



**USA**



**UK**

# HEALTHCARE IN MATERNAL AND NEWBORN WELL-BEING

**Medical equipment is a keystone in newborn and maternal care, playing a pivotal role in ensuring the well-being of both infants and mothers. They contribute not only to early detection of complications but also facilitate emergency responses, ensuring a comprehensive and compassionate healthcare approach for expectant mothers and newborns.**



ONGC demonstrates its commitment to community well-being through its support to various medical facilities and its impactful contributions to healthcare initiatives, which include funding for critical medical equipment.

## ONGC'S VITAL SUPPORT TO GOVERNMENT HEALTH FACILITIES IN VIRUDHUNAGAR AND RAMANATHAPURAM DISTRICTS

Government Primary Health Centers (PHCs) and Hospitals serve marginalized communities unable to afford private healthcare. However, these crucial facilities face a severe shortage of essential medical supplies, jeopardizing the safety of health professionals and frontline workers. Conducting a comprehensive survey, we identified medical resource points in need and initiated a streamlined process for logistics distribution. From procurement through appropriate channels to delivery, our efforts aim to ensure transparency, marked beneficiary impact, and sustained healthcare services. Acknowledgement letters and visual proofs further validate our commitment to supporting these healthcare institutions.

Project Beneficiaries	No of districts supported	Total Costing (INR)
45,192	2	24,60,102





Uniphore's commitment to making a positive impact on healthcare outcomes reflects a shared vision for a healthier and more resilient future, where technology and compassion converge for the greater good.

## ELEVATING HEALTHCARE ACCESS THROUGH CRITICAL MEDICAL EQUIPMENT SUPPORT

Uniphore is dedicated to providing critical medical equipment to the Institute of Obstetrics and Gynaecology (IOG) and Urban Primary Health Centers (UPHC) in **Kodambakkam Zone, Greater Chennai Corporation**. The objective is to enhance healthcare facilities for the Project Beneficiaries. To maintain transparency, financial utilization certificates and annual project impact reports will be provided over a three-year period, fostering a collaborative commitment to healthcare excellence.



No of **35,85,567**



Their commitment to innovation has been able to navigate challenges and find sustainable solutions to address issues in our focus areas.

## EQUIPMENT SUPPORT AT THE INSTITUTE OF OBSTETRICS AND GYNECOLOGY

The IOG and Government Hospital for Women and Children in **Egmore, Chennai**, serve as the largest Maternal and Child Health Hospital, managing a high number of referral cases for sick babies. With a commitment to providing medical care to marginalized communities, especially those unable to afford private healthcare, the Pediatric ICUs at this government hospital handle a significant caseload from both immediate and surrounding regions. For extremely premature infants facing respiratory challenges, the adoption of High-Frequency Oscillatory Ventilation (HFOV) emerges as a crucial, baby-friendly alternative, improving lung function and enhancing the survival rates of preterm and extremely low birth weight newborns.

No of babies Beneficiaries

24



30,00,000



## VITAL EQUIPMENT SUPPORT FOR THE DEPARTMENT OF PEDIATRIC HEMATOLOGY/ONCOLOGY, INSTITUTE OF CHILD HEALTH AND HOSPITAL FOR CHILDREN

At ICH & HC, Egmore, Chennai, the largest stand-alone Children's Hospital in Asia and the Apex Public Sector Pediatric Hospital of Madras Medical College, established in 1968, free services are provided to patients from newborns to adolescence across 16 Pediatric Super Specialties, including Pediatric Hematology/Oncology, Gastroenterology, Neurology, Nephrology, Cardiology, Pulmonology, Neonatology, and Surgery.

The Pediatric Hematology department at ICH & HC, established in 1987, serves as a tertiary referral center for children from Tamil Nadu and neighboring states like Andhra Pradesh, Karnataka, and Kerala. Despite catering to diverse socio-economic classes and receiving referrals from private hospitals, it faces increasing patient influx, especially with the recent surge due to the COVID-19 pandemic-induced economic crisis. To maintain quality care amid rising demands, additional equipment is urgently needed to address the growing patient load and ensure optimal 1:1 care for sick children, ultimately improving treatment outcomes.

Funds Utilized

**23,18,615**



## EQUIPMENT SUPPORT AT (RSRM) LYING-IN RAJA SIR RAMASWAMY MUDALIAR HOSPITAL STANLEY & NAGAPATTINAM SNCU

Raja Sir Ramaswamy Mudaliar (RSRM) Lying-in Hospital, the Obstetrics and Gynecology Department of Government Stanley Medical College in **Tamil Nadu**, stands as a pillar of maternal and child healthcare. Serving a diverse population across six zones, it annually witnesses approximately 12,000 deliveries, with a commendable 4,800 babies discharged in excellent health. Notably, 50% of deliveries at RSRM are categorized as high-risk, attracting referrals from North Chennai and neighboring districts, including Andhra Pradesh. This hospital addresses the unique needs of its community, especially in dealing with the challenges posed by 35% of births involving low birth and extremely low birth weight babies. The dedicated medical intervention and extended hospital stay provided contribute significantly to the recovery of these vulnerable infants.



**Babies  
Supported**

**650**

**Funds  
Received**

**19,86,120**

Within the heart of **Nagapattinam** lies the Government Hospital, witnessing an average of 300-350 deliveries each month. Among them, 100-150 infants find care in the Special Newborn Care Unit (SNCU). Notably, the Nagapattinam Government Hospital SNCU extends its reach beyond its own deliveries, serving as the sole referral center for newborns from other hospitals in the region. In this land of uncertainty, the Nagapattinam Government Hospital SNCU stands as a beacon, providing crucial and intensive care to newborns, fostering hope and health in the community.



# Laerdal

helping save lives



This support not only elevates the quality of medical education but also plays a crucial role in advancing pediatric emergency care, ultimately contributing to better health outcomes for children in the region.

## PROVISION OF NON-MEDICAL EQUIPMENT TO THE PREM-NHM SIMULATION LABORATORY AT REGIONAL COLLABORATIVE CENTER- INSTITUTE OF CHILD HEALTH (ICH), CHENNAI

Annually, the Ambulance service transports **1000-1200** children, with over 500 facing trauma, poisoning, submersion, burns, and more. In response, the Government of India advocates for capacity building in pediatric emergency care. Laerdal's CSR initiative, spanning from October 2021 to March 2023, focuses on the PREM Skill Laboratory. Targeting frontline doctors, nurses, and medical students, this project aims to save children's lives in critical situations, aligning with **WHO SDG goals** to halve U5M through professional training on the Golden Hour in pediatric emergencies.

List of Non Medical Equipment  
**23**

PREM TRAUMA DELEGATES TRAINED FROM JAN 2022 - MAY 2023		
FACILITY	DOCTORS	STAFF NURSES
<i>Taluk hospitals</i>	124	115
<i>Government General hospital</i>	184	173
<i>District Headquarters Hospital</i>	186	147
<i>Medical colleges</i>	423	323
<b>TOTAL</b>	<b>917</b>	<b>758</b>

Funds Utilized  
**8,29,400**



They are dedicated in enhancing the well-being of these vulnerable infants underscores their impactful support in fostering a healthier start to life.

## PROVIDING LIFE-SAVING MEDICAL EQUIPMENT AT VELLORE MEDICAL COLLEGE HOSPITAL, TAMIL NADU

Thanks to AGS Health, the Vellore Government Hospital in Tamil Nadu, India, now boasts high-quality medical equipment, ensuring top-notch clinical services for patients. Amidst the challenges posed by the Omicron variant of SARS-CoV-2, AGS Health's support addresses critical shortages, providing essential equipment to save lives. This initiative not only bridges infrastructure gaps but also exemplifies AGS Health's commitment to improving healthcare accessibility in government hospitals, creating a positive impact on patient treatment and outcomes



Total funds received  
**4,74,616**

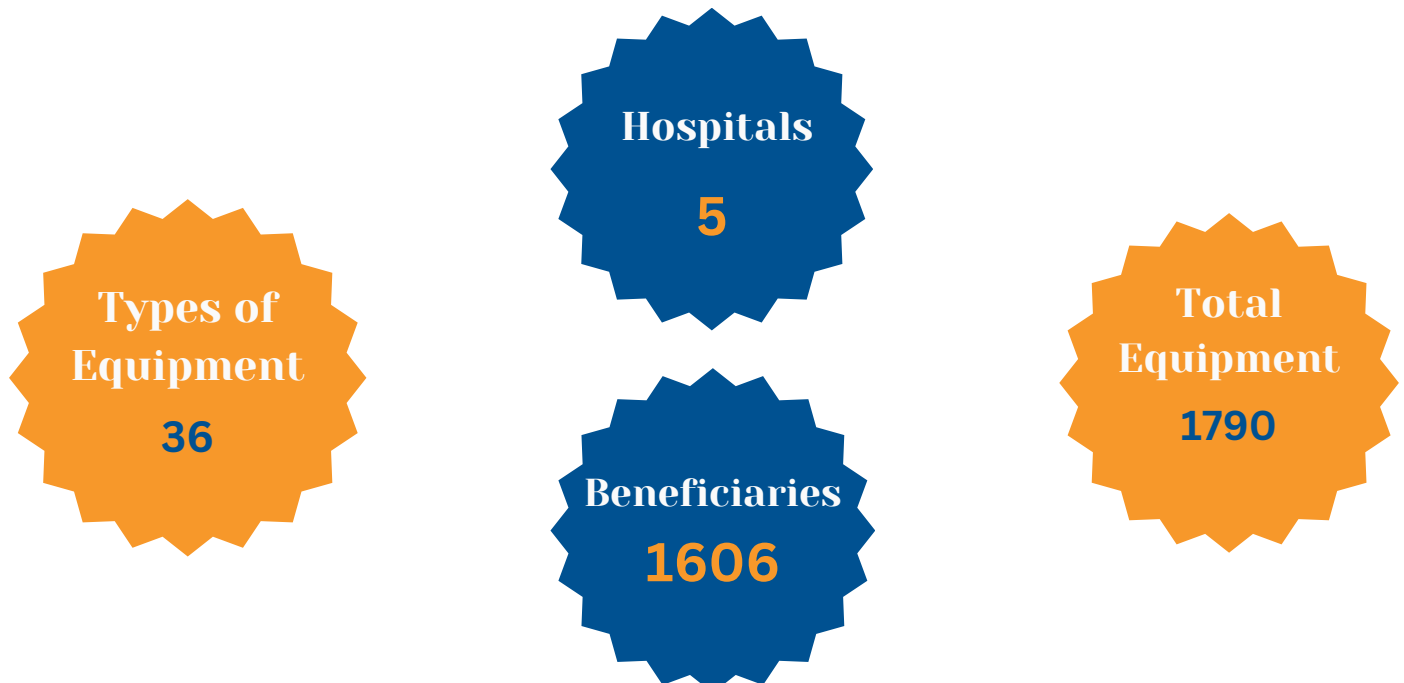
Total Number of units of medical  
equipment donated  
**52**

No of Beneficiaries  
**3,759**

Through strategic partnerships and contributions, BorgWarner has provided vital medical equipment, strengthening healthcare infrastructure, and making a positive impact on communities.

## DISTRICT KANCHEEPURAM WITH CRITICAL LIFESAVING EQUIPMENT SUPPORT

Enhancing Service Delivery at Government Health and Child Care Facilities in Kancheepuram District. Our goal was to elevate access to quality and timely care for mothers and children by providing essential equipment. Additionally, we aimed to boost the well-being of the community by upgrading the ICDS center with necessary non-medical logistics. With strategic interventions at three key medical resource points in Kancheepuram district, including **GH Uthiramerur**, **ICDS Uthiramerur CDPO**, and **Kancheepuram SNCU**, patients now experience improved ease and enhanced medical treatment, contributing to an overall uplift in health and happiness.



Eicher and Ekam have forged a powerful partnership, channeling their resources and expertise towards transformative healthcare initiatives. Through strategic CSR collaboration, they've implemented impactful projects, bringing tangible changes to healthcare landscapes.

## **ENHANCING MATERNAL AND CHILD HEALTH IN 4 PANCHAYATS OF KANCHEEPURAM AND CHENGALPATTU DISTRICTS, TAMIL NADU.**

Together, they've facilitated access to quality healthcare services, particularly in underserved communities, addressing critical needs like maternal and child health, disease prevention, and healthcare infrastructure development. Their joint efforts reflect a commitment to societal welfare, empowering communities and fostering sustainable healthcare solutions. With a shared vision of creating a healthier world, Eicher and Ekam exemplify the profound impact that strategic CSR partnerships can achieve.

### **Key objectives of this project are to**

- Enhance early identification, referral, and treatment of sick children, fostering their holistic development.
- Strengthen public health facilities in the program area to ensure comprehensive care delivery.
- Improve community knowledge and practices regarding maternal, child health, and COVID-19.
- Provide healthcare training to local youth and mothers.
- Promote Respectful Maternity Care by upgrading Primary Health Care centers to create Model Labour Rooms following LaQshya Guidelines.





## IMMEDIATE MEDICAL SUPPORT (SAVE A CHILD)

At Ekam, we believe every child deserves access to healthcare, no matter the circumstance. From September 2022 to March 2023, thanks to the generous support from Eicher, we directly assisted 2 children in need. This included funding an MRI Scan and orthopedic treatment, totaling Rs. 42,500. Together, we're making strides towards ensuring timely care for every child in need."



Master Rithick



Baby of Suryavalli



Master Saikrish

## COMMUNITY MOBILIZATION

At Ekam, we believe in empowering mothers and communities to become local champions of knowledge. Through various awareness programs on Maternal, Child, and Adolescent Care, we aim to foster self-reliance and wellbeing. From September 2022 to March 2023, our dedicated community trainers conducted 8 enlightening sessions for antenatal mothers. Covering topics such as Safe Motherhood, Prenatal Development, Labour and Delivery, and Nutritional Diversity, these programs directly impacted **161 mothers**, nurturing a stronger, healthier community.



Additionally, we conducted 6 Adolescent training programs, engaging **123 youths**. These sessions focused on critical topics such as anaemia management, addressing gender-based violence, understanding rights and entitlements, and navigating issues related to sex and growth.

## ENSURING CONTINUITY OF CARE

Our diligent tracking program allowed our part-time workers to personally engage with **39 antenatal mothers, 45 postnatal mothers, and 50 children.** Through one-on-one counseling sessions, these families received crucial guidance on maternal and child health, fostering a deeper understanding and support system.



## INFRASTRUCTURE UPGRADATION FOR CREATING MODEL LABOUR ROOMS AND THEREBY ENSURING RESPECTFUL MATERNITY CARE

Respectful maternity care is crucial for positive outcomes for mothers and newborns, as well as long-term cognitive development. To achieve this, model labor rooms were planned for 2 PHCs after detailed assessments of 4 PHCs. Construction began in September 2022, with Padappai PHC completed in March. Interior work is also finished. Construction continues for Panrutti PHC, and labor ward upgrade for Vallam PHC is underway pending final permissions.

Funds Utilized

**47,79,264**



# THAIMAI PROJECT

## THE REAL-TIME TRACKING OF MOTHER AND CHILDREN PROJECT



**வொது சுகாதாரம் மற்றும் நோய்த்தடுப்பு மருந்துத்துறை இயக்கம்**

**கர்ப்பினி தாய்மார்கள் மற்றும் குழந்தைகளுக்கான சுகாதார சேவைகளை கையேசி செயலி மூலம் தொடர் கண்காணிப்பு**

**உங்கள் கவனத்திற்கு,**

உங்கள் கர்ப்ப காலம், பிரசவத்திற்கு பிந்தைய காலம் மற்றும் குழந்தைகளின் முதல் 1000 நாட்களுக்கான சிகிச்சை மற்றும் சுகாதார சேவைகள் பெற தொடர் கவனிப்பிற்காக இந்த கையேசி செயலியை பயன்படுத்தி பயனடைவோம்.

நங்கள், உங்கள் கையேசியில் இந்த செயலியை, சுகாதார செவிலியர் (VHN) துணைப்புடன் பிளே ஸ்டோர் (Play Store) மூலம் பதிவிறக்கம் (Download) செய்துகொள்ள வேண்டும். பிசிமே (PICME) உங்களுடைய தகவல்களை அறிந்துகொள்ளலாம். சுகாதார சேவைகளை உங்களின் மருத்துவ பரிசோதனை, தடுப்பூசி, விழிப்புணர்வு தகவல்கள் மற்றும் நிறைவுட்டர்கள் அனைத்தையும் இந்த செயலி மூலமாக உங்கள் கையேசியில் பெற்றுக்கொள்ளலாம்.

**செயலியின் சிறப்பம்சங்கள்**

- 1 கர்ப்ப காலம் மற்றும் பிரசவத்திற்கு பிந்தைய காலத்திற்கான மருத்துவ பரிசோதனைகளின் விவரங்கள்
- 2 வறுகை / பார்வையீடுகளின் விவரங்கள்
- 3 அடுத்தடுத்த மருத்துவ பரிசோதனைக்கான வறுகை மற்றும் தடுப்பூசி முதலியவற்றை நினைவுபடுத்தும் அறிவிப்பை பெறுதல்
- 4 குடாய மற்றும் அவசர காலங்களில் SOS பட்டன் மூலம் உதவி / சேவையை பெறுதல்
- 5 தீங்கள் இடம் கிட்டு இடம் மாறியிருந்தாலும் (இடம் பெயர்ந்து இருந்தல்) உங்கள் இருப்பிடத்தை சுகாதார செவிலியர் (VHN) அறிந்துகொள்ளுதல்
- 6 எளிதாக சுகாதார செவிலியரை (VHN) தொடர்பு கொள்ளுதல்
- 7 பிரந்த குழந்தையை கிட்டில் பராமரிப்பதற்கான விவரங்கள் / குறிப்புகள்
- 8 ஆரம்பகால குழந்தை பருவ வளர்ச்சியின் விவரங்கள்
- 9 விழிப்புணர்வு தகவல்கள் ஒலி / ஒலி (விடியோ / ஆடியோ) மூலம் பெறுதல்
- 10 மகப்பேறு நல உதவி திட்டங்கள் பயனடைந்த விவரங்கள் (Dr.MRMBS)
- 11 வட்ஸ்அப் (Whats App) - சாட்லாட் (Chatbot) மூலம் ஆலோசனை பெறுதல்

**இந்த செயலியை உடனடியாக யதனீற்கம் செய்து பயன்வெறுங்கள்**

மேலும் விவரங்களுக்கு உங்கள் சுகாதார செவிலியரை அணுகவும்.

**தொடர்பு**

செயலி உதவிக்கு: 9751527881 | 7904525009 | 7978249691  
 பரிந்துரை உதவிக்கு: 7824888567 | 9936693535 | 9994682695  
 டிரீவாக உதவிக்கு: 9884925316

The project, operating in the Ellapuram block of Thiruvallur district and Kolli Hills block of Namakkal district, Tamil Nadu, aimed to capture maternal and child health outcomes through Thaimai modules. Focused on antenatal, intranatal, and postnatal phases, the project included real-time data capture, case-based information for VHNs, tracking mother's availability, optimizing referral mechanisms, and providing consolidated information to officials. To ensure success, training programs were conducted at state, district, and block levels, imparting knowledge to government officials, health workers, and community members. Training materials, including presentations, modules, translations, FAQs, banners, and standees, were reviewed, finalized, and developed to enhance program effectiveness.




**Mother And Child Application User Manual**

**USER MANUAL OF MOTHER AND CHILD APPLICATION**

Prepared By - Department of Public Health & Preventive Medicine, Tamil nadu

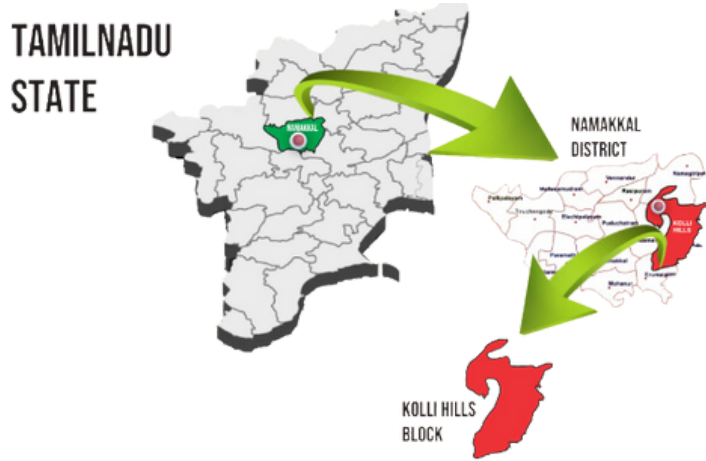


**Service Provider Application User Manual**

**USER MANUAL OF SERVICE PROVIDER APPLICATION**

Prepared By - Department of Public Health & Preventive Medicine, Tamil nadu

## KOLLI HILLS BLOCK



In Kolli Hills, Namakkal, the Thaimai module pilot, supported by **16** Village Health Nurses (VHNs) and **37** Accredited Social Health Activists (ASHAs), engaged **248** antenatal (AN) and **392** postnatal (PN) mothers between September 20th and October 30th, 2022.

Despite challenges, VHNs and ASHAs assisted these mothers in installing and logging into the Thaimai mother's module on their mobile phones. While 359 PN mothers with children under 6 months had access, only 132 logged in, citing limited timelines and challenges in follow-up due to immunization visits and geographic constraints in the hilly terrains of Kolli Hills.

## ELLAPURAM BLOCK:

In the Ellapuram block, encompassing five Primary Health Centers and **26** Health Sub Centers, the Thaimai app pilot initiative, conducted between June 15th and August 3rd, 2022, engaged **25** Village Health Nurses (VHNs), 21 Middle Level Health Providers (MLHPs), and **26** Women Health Volunteers (WHVs).

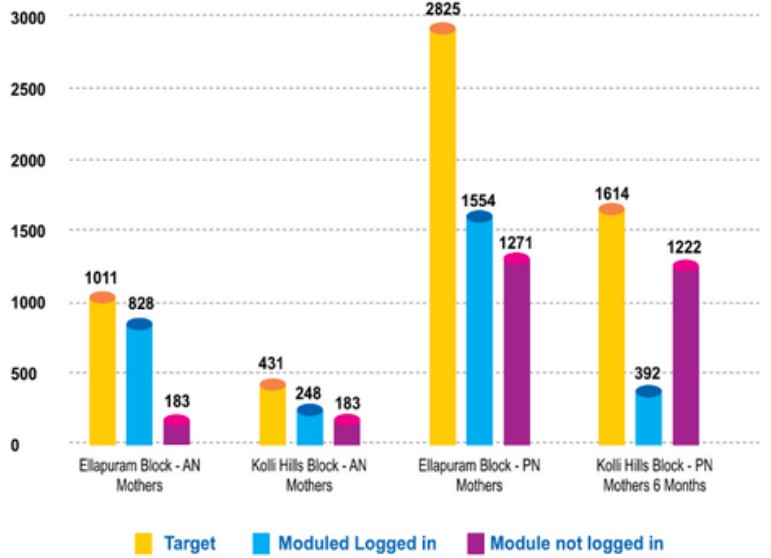


Supporting a total of 1011 antenatal (AN) and 2825 postnatal (PN) mothers, 828 AN and 1554 PN mothers received hands-on assistance from VHNs, MLHPs, and WHVs to install and log into the Thaimai mother's module on their mobile phones. A comparison with the implementation and technical team report validated the login details in the Thaimai server database. Leveraging 26 volunteers for door-to-door assistance and phone support, coupled with ICDS workers' efforts and distribution of vernacular flyers, aimed to extend the reach of the Thaimai module initiative to more mothers in the Ellapuram block.

# BLOCK LEVEL TRAININGS



Mothers Thaimai App Login Details



## TESTIMONIALS

### Sowndarya - Vengal

"As a mother, I will love using this app because it will allow me to view my full clinical history. I will be able to easily see when I need to go to the hospital and what treatments have been done. It will be great to have all my medical information in one place and easily accessible."



### C.Latha - Guruvayal PHC

"As a VHN, I will continue to use this app to track AN and PN mothers, and I will ensure that I don't miss any mother without care. The app will enable me to easily access and track the clinical history of the mothers, ensuring that I can continue to provide them with the best possible care."



### Dr. Deepan - Periyapalayam UPHC

"As a doctor, this module will be incredibly useful in keeping track of all mothers under our care. Thaimai module allows to easily find details of high-risk mothers and count the number of AN and PN mothers in each area. With this information, we can provide extra care planning to ensure that these mothers receive the best possible care."



## PILOT TESTING OF DECK CARDS FOR FIRST 1000 DAYS AT PERIYAPALAYAM



In the current project, a set of deck cards, serving as a Social Behaviour Change Communication Tool (SBCC), was developed to enhance maternal and child well-being. Tested at Palayangara ICDS center and the UPHC of Periyapalayam, these cards cover essential messages on physical, emotional, and mental aspects of pregnancy, birth, and postpartum care. The deck, focused on the first 1000 days, incorporates small phrases for dialogue initiation and includes QR codes with voice notes for further explanation, making it applicable to real-life situations

A dialogue-initiating deck with themes for care during the first 1000 days, featuring small phrases and QR codes with voice notes for real-life application.



Led by community trainers and lactation specialists, the exercise involved key personnel from Ekam and UNICEF, engaging in an interactive session with antenatal and postnatal mothers.

An initial icebreaker game was followed by pre-test forms to gauge knowledge levels. Trainers presented card content, distributed the deck for understanding, and noted mothers' feedback. A post-test was conducted, despite challenges with a moving crowd.



Discussions occurred at PHCs with mothers and key stakeholders, including Anganwadi workers, SHNs, VHNs, Birth Educators, and community coordinators. This inclusive session aimed at gathering insights and feedback for tool refinement. From the information provided, a deck of cards with voice notes was developed and designed to raise awareness among mothers and their families about essential factors promoting maternal and child health and well-being.

## UNICEF DISASTER RISK REDUCTION PROJECT

### Summary of Achievements



- Supported 42 shelters with volunteers managing shelter operations, ensuring Covid-19 SOPs, privacy for lactating mothers, safety for pregnant women and children, and sanitation (including shelters reached through Multipurpose Social Service Societies in Chennai, Chengalpattu Districts).
- Organized C19 vaccination camps with Local Self Governing Bodies, mobilizing about 10,000 people in 191 Panchayats.
- Engaged 773 volunteers virtually in Covid-19 disease control.
- Provided Psychosocial Support Interventions to 1,426 children through virtual group counselling sessions and other programs.
- Volunteers became part of GO-NGO Coordination committees in various districts.
- Identified core team of volunteers with the potential to be trained as 'Master Trainers' to train others.
- Strengthened multi-stakeholder (collaborative) approach by establishing good rapport with District Children Protection Offices.
- Established working relationships with 73 NGOs and 72 CBOs, collaborating closely with TNDRA, Greater Chennai Corporation, State Labour Welfare Office, State Child Protection Office, and District Child Protection Offices.
- Conducted Disaster Risk Reduction activities during the monsoon season, reaching 10,000 people through 'Shelter Management Interventions' in Chengalpattu, Tiruvallur, and Kancheepuram Districts.



# Outputs during the project

## **Strengthening the Capacity of 1000 Persons**

Engaged 773 volunteers virtually for C19 disease control. Virtual engagement of 76 CBOs. Facilitated 191 Gram Panchayats in organizing C19 vaccination camps.

## **Psychosocial Counselling Intervention**

Reached 456 families through Kids Art and Music Workshops, and group counselling sessions. Conducted 34 sessions on Communicative English Classes virtually for children. Provided teleconsulting follow-up services to 61 families affected by C19.

## **Strengthening Virtual Facilitation Center**

Virtually engaged all 33 districts, contributing to C19 disease control. Identified core team of volunteers for '**Master Trainers.**' Collaborated closely with District administrations and NGOs for disaster relief during floods.



## **Preparedness for Disaster Risk Reduction:**

Strengthened grassroots forces for efficient and effective Disaster Risk Reduction.

Conducted pre-monsoon preparedness activities, reaching about 10,000 people through shelter management interventions.



"Save a Child" is EKAM Foundation's heartfelt flagship program dedicated to helping underprivileged children has been working to reduce maternal and child mortality rates in India since the year 2009.

## The program focuses on

- Providing life-saving financial assistance to vulnerable children
- Guaranteeing access to high-quality healthcare services
- Advocating for prompt diagnosis and treatment
- Assisting economically disadvantaged families for accessing government services and schemes.
- Providing counseling and follow-up support for children in need.

## IMPACT STORIES

Explore inspiring Save a Child Impact Stories showcasing the transformative journey of children and families touched by your support.

From overcoming health challenges to brighter futures, witness the incredible difference we make together.



B/o. **Sangeetha**, a 4-month-old baby from Chengalpet district, was diagnosed with suspected sepsis/Skeletal Dysplasia and suspected primary immunodeficiency. She received treatment under NICU Care, including antibiotics and Intravenous Immunoglobulin therapy. With her father's monthly income of Rs. 10,000 as a fish monger, they couldn't afford the medical expenses. Recognizing their financial constraints, Ekam supported Rs. 51,530 towards the child's medication costs. She was discharged on 06.12.2021 and continues regular follow-up care.

Mr. Kanagaraj, a casual laborer in Coimbatore District, earns Rs. 12,000 monthly. His 1-year-old son, **Sathvik**, was diagnosed with Right Hydronephrosis. The surgery cost was estimated at Rs. 70,000. With only Rs. 35,000 arranged, they struggled to cover the remaining amount. Recognizing their hardship, we supported Rs. 35,000 for the treatment. Sathvik was discharged on 04/10/2022 and is now leading a healthy life.



**Ms. Vijayamma**, from Kadapa District, Andhra Pradesh, welcomed twin boys prematurely on May 28, 2021, at Chennai Fertility Centre. With various complications including respiratory distress and sepsis, the twins required extensive care at Rainbow Children's Hospital in Guindy. Despite the father's monthly income of Rs. 8,000 as a farmer, and spending Rs. 7,50,000 on NICU expenses, they still needed financial assistance. Recognizing their plight, Ekam provided Rs. 50,000 towards the NICU stay, ensuring the successful treatment of the infants. Discharged on July 15, 2022, the twins now enjoy a healthy start to life.

Children Supported by Funds from Ekam  
**120**

Referrals **682**  
Treated **221**

Funds Utilized  
**42,89,695**

# SWBI PROJECT REPORTS

We firmly believe that maternal and child health is skillfully tied to the well-being of the community. Through our Sustainable Well Being Initiative (SWBI), we strategically address health, environment, livelihood, and governance, implementing key interventions, capacity building, and innovative processes. Our program operates at the micro-level, focusing on preventive care to directly impact lower infant and maternal mortality rates. By investing in nutrition, sanitation, clean water, education, and livelihood, we take a holistic approach to enhance the overall health and prosperity of our community.



Save a Child Program



Ayush Awareness Program



Medical Camp / ROP Camp



Farmer's Training



MCH Awareness Programs



Grama Sabha



Adolescent Awareness Programs



Follow-up Committee Meetings



Information, Education and Communication



TN livelihood beneficiaries Community Activity

Nutri-Gardens In ICDS centers and Government Schools



Other Programs



## SUSTAINABLE WELL-BEING INITIATIVES IN TAMILNADU



### SAVE A CHILD

**266 case referrals**

The core aim of the program is to deliver life-saving medical assistance to children, effectively reducing child mortality rates.

Expert-led sessions empower adolescent community members to realize their health potential through informed decision-making.

### ADOLESCENCE AWARENESS PROGRAMMES



**250 programs, 12196 beneficiaries**



### GOVT. SCHEMES AWARENESS PROGRAMMES

**190 programs ,6502 beneficiaries**

Awareness programs educate beneficiaries on key government schemes for their benefit

District and block-level committee formation streamlines strategies for better quality control of operations in the area.

### DISTRICT STRENGTHENING



**93 follow-ups, 695 participants**

### AYUSH TRAINING PROGRAMS

**30 programs, 2343 beneficiaries**



To promote AYUSH services, District Coordinators impart knowledge about their facilities to the community.

Expert-led training for SWBI mentors to conduct awareness sessions for community members.

## SWBI MENTOR AWARENESS ACTIVITIES

**19 programs, 378 beneficiaries**



### MEDICAL CAMPS

**26 camps, 943 screened individuals,  
55 referrals**

Regular medical camps screen community members for diseases and provide necessary assistance upon identification.

It enables the alignment of state and central rural development programs in selected villages through the Village Development Plan (VDP) and associated panchayat governance processes.

### GRAM SABHA PARTICIPATIONS



**23 programs, 1886 participations**



### MCH AWARENESS PROGRAMMES

**251 programs, 7697 beneficiaries**

Exclusive training sessions on vital health topics for ANC and high-risk mothers' well-being.

Expert-led interactive sessions with farmers introduce beneficial practices and provide a platform to address their queries.

### FARMERS TRAINING PROGRAM



**4 programs, 107 beneficiaries**



## TAMIL NADU PROJECTS

Ekam USA has been instrumental in supporting various projects spanning education, equipment provision, and livelihood initiatives. Through strategic funding and partnership collaborations, Ekam USA has facilitated access to quality education for underprivileged communities, ensured the provision of essential equipment in medical and educational institutions, and empowered individuals through livelihood projects, thereby fostering sustainable development and positive societal impact



Total No of  
Projects in  
Tamil Nadu

**12**

Beneficiaries  
Count per  
equipment  
support

**61,930**

Beneficiaries  
count for  
livelihood

**50**

Fund Support for  
Tamil Nadu

**20,98,843**

# EYE CAMP SUPPORT

Ekam USA conducts eye camps, bringing essential vision care to underserved communities. Through these camps, we offer screenings, treatments, and eyeglasses, improving the quality of life for those in need.



**Number of  
Camps**

**4**

**Total  
Screened**

**714**

**Children who  
needed  
further  
referral**

**62**

**Children who  
received  
Glasses**

**29**

**Children who  
received  
tablets and  
drops**

**3**



## EDUCATION GRANT SUPPORT GANDHI MEDICAL COLLEGE STUDENTS IN HYDERABAD, TELANGANA STATE, INDIA

Gandhi Medical College Alumni Association and EKAM Foundation, with funding from Ekam USA, executed a project in Hyderabad, Telangana, India.

Selection Process:

- Advertisement for education grants at the college
- Review of applications and documents by a committee
- Background checks for shortlisted students
- Selection by a committee of seven members based on financial status
- Renewal based on attendance, exam results, and college records

### **Achievements (April 2022 - March 2023)**

Provided education grant support to 59 Gandhi medical students for tuition, hostel fees, and books.

Monthly support transferred to identified students by the 15th of each month.



**No. of Beneficiaries : 59 Medical students**

Thanks to timely intervention by EKAM USA, marginalized families in rural Tamil Nadu and rest of India, devastated by the recent pandemic, have regained sustainable livelihoods, ensuring their families' well-being. We extend heartfelt gratitude to EKAM USA and its generous donors from various cities for their invaluable support.

## NAGALAND'S KIPHIRE: EMPOWERING STUDENTS THROUGH THE NURSING EDUCATION PROJECT

In Kiphire, significant disparities exist across districts in various health indicators, primarily stemming from a shortage of trained healthcare personnel, especially in remote areas. Poor healthcare infrastructure exacerbates this issue, with a lack of quality nursing colleges further hindering skill development. Recognizing the pivotal role of education in enhancing healthcare services, EKAM has been approached to address this challenge by bolstering maternal and child healthcare in Kiphire District through capacity building and quality nursing education.



**As of March 2023, 5 students have successfully completed their GNM course, while four are set to finish their B.Sc Nursing program by February 2024."**

The project, conducted in collaboration between the District Commissioner's Office and Ekam Foundation, aims to address these gaps by providing education and training to deserving students. Supported by funding from REC, the initiative targets nine students—four pursuing B.Sc Nursing and five completing General Nursing Midwifery (GNM) courses at reputable private nursing colleges in India.



**Ms. Holinla Yim**, a B.Sc. student at Global Kasturba College of Nursing, was awarded the Best Essay Award by the Government of Telangana for her essay on "India at the Centenary Year of Independence – My Vision," as part of the Azadi ka Amrit Mahotsav celebrations on August 15th, 2022. She received the award from the Honorable Governor at Raj Bhavan.

# SHRI VASANTRAO NAIK GOVERNMENT MEDICAL COLLEGE AND HOSPITAL, LOCATED IN YAVATMAL, MAHARASHTRA

Biomedical Engineer Support:  
Enhancing Equipment Management  
and Maintenance in the Pediatrics  
Department.

This invaluable support has ensured the provision of reliable diagnostic services in public health facilities, effectively reducing the cost of care and elevating the quality of treatment for underprivileged pediatric patients. Our dedicated team performs the following crucial functions:

Thorough inspection of devices before installation within the entire Pediatrics department of the Public Health System.

Diligent maintenance of medical equipment and guidance on proper usage of new equipment in the department.



SNCU/NICU						
SNCU/NICU	WARRANTY		NON WARRANTY		TOTAL	
	Working	Not working	Working	Not Working	Working	Not Working
Yavatmal MH	458	0	52	7	510	07

## RESILIENT HEALTH CARE INFRASTRUCTURE TOWARDS HEALTH EQUITY AT COIMBATORE MEDICAL COLLEGE

The COVID-19 pandemic has strained India's healthcare system, highlighting the urgent need to revamp infrastructure for future crises. BGSW CSR and Ekam Foundation are collaborating to strengthen healthcare at Coimbatore Medical College Hospital (CMCH), ensuring equitable access for all, especially the marginalized.

### Key Objectives:

- 1.Enhance healthcare facilities at CMCH by addressing infrastructure gaps.
- 2.Ensure health equity for marginalized communities.

Despite challenges such as the ongoing pandemic and logistical constraints, our teams have made significant progress. Projects include renovating adult fever wards into specialized units like IMCUs, upgrading surgical intensive care units, and improving pediatric wards. These efforts have resulted in improved service delivery, increased bed capacity, and enhanced patient care.

While challenges persist, our commitment to building resilient healthcare infrastructure remains unwavering. Together, we strive to create a healthcare system that leaves no one behind, ensuring access to quality care for all.



**Inauguration of Toxicology, Handing over renovated ward and Medical equipment's board to govt authorities from BOSCH.**

## Beneficiary Impact:

- Over 100 COVID patients treated in the Fever Ward with advanced care.
- Post-pandemic, 30 to 50 patients treated monthly in the Fever Ward.
- Over 700 cases treated in the Toxicology Ward in the past year.
- SICU capacity increased from 8 to 19 beds, resulting in increased surgeries and reduced mortalities.
- Pediatric Ward expanded by 20 beds, accommodating more cases during fever seasons, benefiting an average of 200 cases monthly.
- Life-saving equipment like Video EEG and X-ray aid in diagnosing and treating 50 to 70 pediatric emergency cases monthly, saving many lives in the Pediatric ICU at CMCH



Funds  
Utilized

1,68,67,338

## REBUILDING LIVELIHOODS FOR 100 FAMILIES AT COIMBATORE

The COVID-19 pandemic has worsened rural inequalities, pushing many into poverty and hunger due to lockdowns impacting livelihoods. The economic crisis has deepened in cities, leaving many jobless and struggling. Vulnerable communities are especially affected, with families losing breadwinners and facing higher prices for essentials, leading to significant socio-economic changes.

According to CMIE, the unemployment rate spiked from **8%** in **April 2021** to **13.6%** by **June 2021**, highlighting the urgent need to focus on livelihoods. In response, RBEI/CSR and Ekam Foundation are partnering to rebuild sustainable livelihoods for **100** at-risk families in Coimbatore Bosch Neighborhoods. This initiative aims to address the devastating impact of the pandemic on livelihoods and communities.



## 100 FAMILY CELEBRATION - WITH BOSCH EMPLOYEE VOLUNTEERS

The project involves a detailed survey to identify beneficiaries and assess their needs, followed by the implementation of livelihood support programs. Despite challenges such as COVID-19 disruptions and lack of support from stakeholders, the project has made significant progress.

Activities include baseline surveys, family identification, and livelihood implementation. Achievements include supporting 100 families with sustainable livelihoods, despite challenges posed by the pandemic. Lessons learned emphasize the importance of innovation, community engagement, and proactive approaches in addressing livelihood challenges.

Overall, the project demonstrates the power of collaboration and innovation in rebuilding livelihoods and fostering resilience in communities affected by the pandemic



**Funds  
Utilized for the  
Families**

**53,45,292**

# Testimonials

Meet **Vatsala** a resident of Mettupalayam. Despite working hard in an electrical shop nearby to support her family, her income fell short, especially during the pandemic when she lost her job.

Thanks to intervention, Vatsala received the resources needed to start her own small electrical shop, turning her dreams into reality. With her previous experience, she now runs her business successfully, significantly improving her livelihood



Meet Mr. **Dinesh Kumar**, a resilient individual whose life took a turn after a disabling accident left him without a job. With his family struggling to make ends meet, especially during the pandemic, Dinesh found himself in a vulnerable situation.

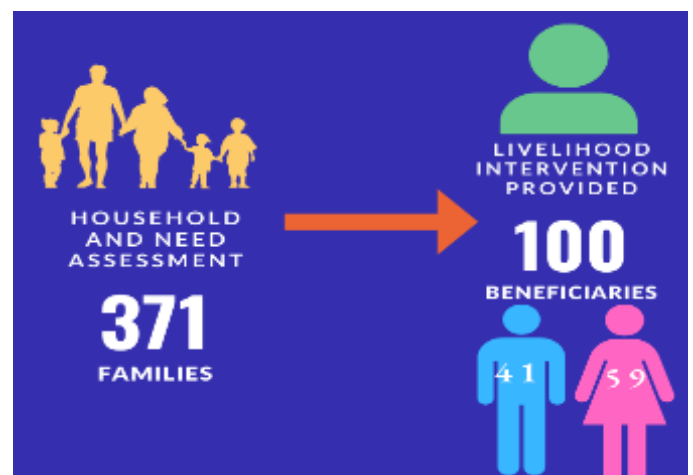
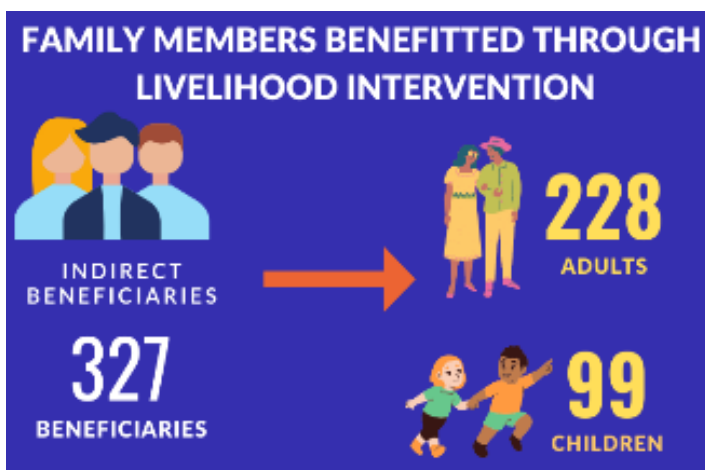
Determined to provide for his family, he approached Ekam for support. With their intervention, Dinesh was able to realize his dream of setting up a small puja shop near the temple. This not only provided him with a livelihood but also boosted his confidence and self-reliance.

The positive impact of this intervention on Dinesh's life is undeniable, offering a beacon of hope in the face of adversity



# BUILDING SUSTAINABLE LIVELIHOODS FOR COVID-19 IMPACTED FAMILIES IN COIMBATORE

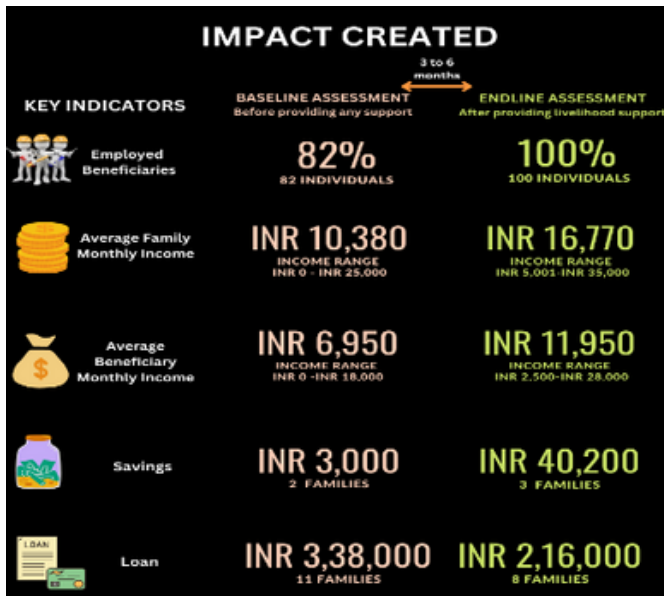
Amid the second wave of COVID-19, vulnerable communities, already struggling with poverty exacerbated by the first wave, faced heightened challenges such as loss of livelihoods and increased hunger. The situation was dire, with a 77 percent increase in the number of individuals below the poverty line in India from March to October 2020. The second wave worsened the crisis as primary breadwinners succumbed to the virus, leaving families grappling with higher prices of essential services and disruptions in health, hygiene, and education services. This adversely affected socio-economic conditions, health outcomes, and the well-being of individuals, necessitating urgent action to address basic needs such as food security, social support, and livelihood restoration.



## Ekam's Sustainable Livelihood Vision

Ekam envisions economically empowering 100 Covid-19 impacted families in Coimbatore to achieve self-reliance by facilitating sustainable livelihoods. By equipping vulnerable community members with the infrastructure, skills, and market linkages necessary to establish micro-enterprises, Ekam aims to empower them economically and promote better health-seeking behavior within the community. Financially empowered individuals, particularly women, are better positioned to make investments in healthcare, sanitation, nutrition, and overall well-being, leading to improved household outcomes.

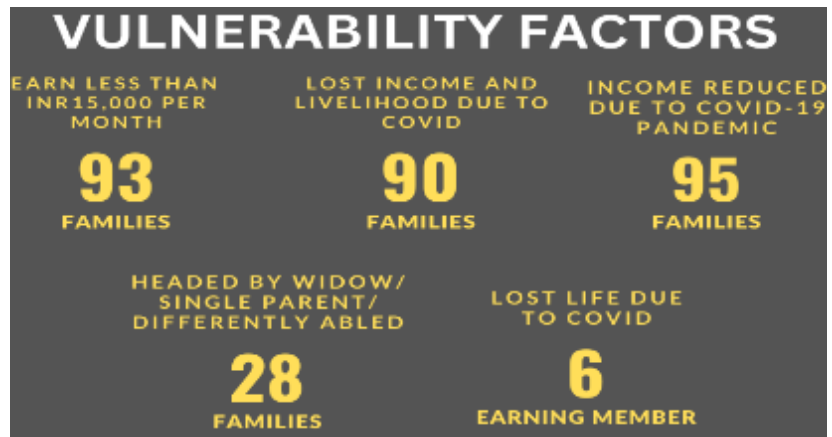




The project's aim is to empower 100 Covid-19 impacted families in Coimbatore by establishing sustainable livelihoods for self-reliance.

Operating from August 2021 to September 2022, it targets beneficiaries in Periya Nayakan Palayam, Sarkar Sama Kulam, Annur, and Karamadai. Through a strategic approach, vulnerable families are identified, strengths assessed, and tailored support provided, including skill training and market linkages.

Utilizing detailed assessments via Google Forms, the project evaluates Household and Livelihood Needs, Baseline, and Endline data to measure intervention effectiveness. Data analysis delves into demographics, income changes, savings, and access to government schemes, unveiling positive impacts post-intervention.



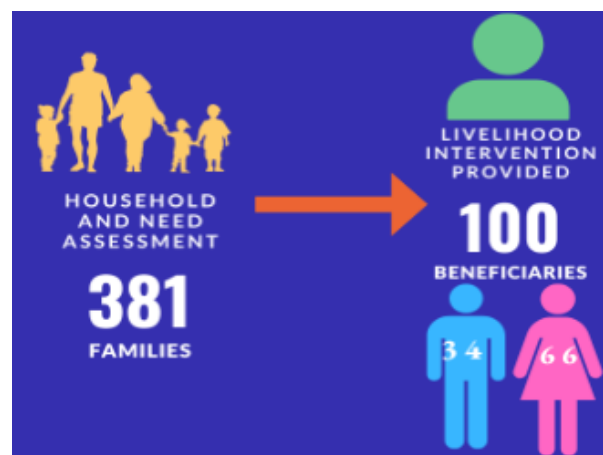
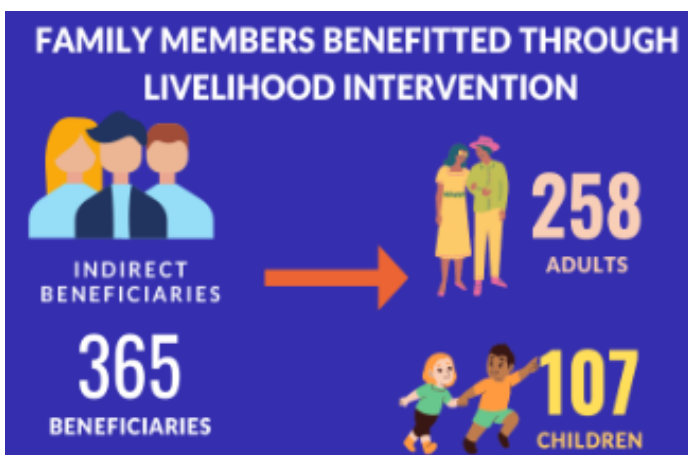
Furthermore, case studies like **Ms. Virgin Rosalin** and **Ms. Dhanalakshmi** exemplify how Ekam's support has transformed lives, underscoring the project's significance.



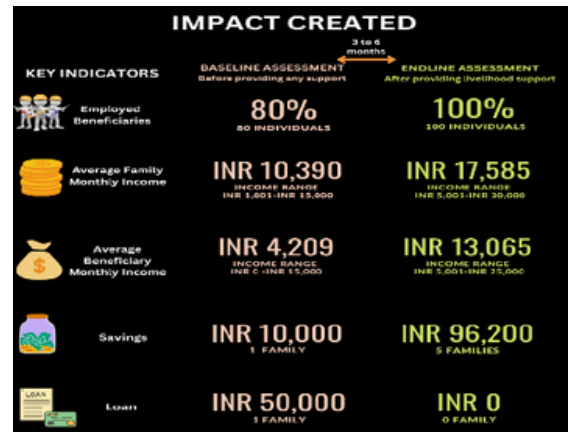
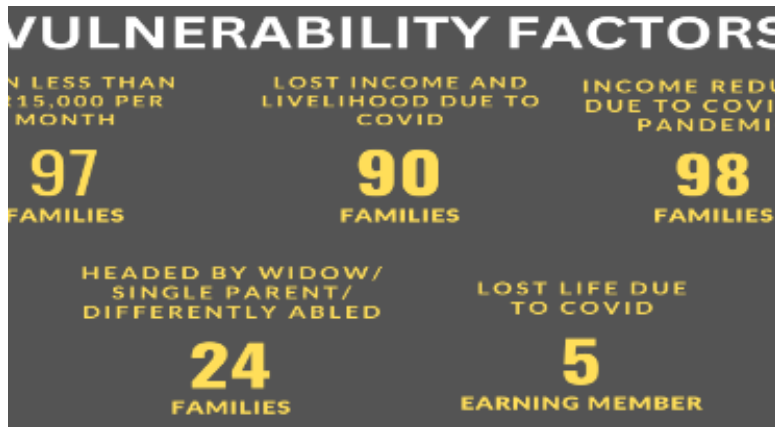
# BUILDING SUSTAINABLE LIVELIHOODS FOR COVID-19 IMPACTED FAMILIES IN BANGALORE

During the second wave of COVID-19, vulnerable populations already affected by the initial wave faced exacerbated hardships including loss of livelihoods and extreme poverty. From March to October 2020, India witnessed a 77 percent increase in individuals below the poverty line, with 90 percent of households experiencing food scarcity (Azim Premji University, 2021).

The second wave intensified these challenges as primary breadwinners succumbed to the virus, leading to higher prices of essential services and disruptions in health, hygiene, and education services. This significantly impacted socio-economic conditions, health outcomes, and overall well-being. The pressing need is to address basic necessities such as food, social security, livelihood restoration, and to raise awareness about testing and vaccinations. Ekam's sustainable livelihood vision aims to equip vulnerable community members in Bangalore with the infrastructure, skills, and market linkages necessary for establishing micro-enterprises, thereby fostering economic empowerment and promoting better health-seeking behavior. By financially empowering individuals, particularly women, the project seeks to improve household well-being. Operating from August 2021 to September 2022, the project targets beneficiaries in Koramangala, Madiwala, Adugodi, Wilson Garden, and Siddapura, providing tailored support based on vulnerability aspects such as income levels, loss of livelihood, and family demographics.



Through detailed assessments and interventions, the project aims to measure the effectiveness of livelihood interventions and their impact on key indicators such as income, savings, and access to government schemes. Case studies, like those of Ms. Virgin Rosalin and Ms. Dhanalakshmi, exemplify the transformative impact of Ekam's support on individual beneficiaries, underscoring the project's importance in empowering families to achieve self-reliance through sustainable livelihoods.



## TESTIMONIALS



**Deepa Shetty**, a skilled tailor from Udipi, moved to Bangalore eight years ago after getting married. With her husband and two children, she faced financial hardship when her husband lost his job during the Covid pandemic. Recognizing her potential, EKAM provided her with a sewing machine and training in marketing skills. Now, she earns Rs. 5,300 per month and is expanding her customer base, thanks to the support from EKAM and Bosch.

**Vanishree**, a former flower garland seller, faced financial hardship when both she and her husband lost their jobs during the Covid pandemic. With a son unable to attend school due to a medical condition, their situation became dire. EKAM intervened by providing them with a pushcart and necessary materials, enabling Vanishree to resume selling flowers. By strategically targeting commercial areas like parks and temples, her customer base expanded, and her income increased. Now, Vanishree is able to support her family's basic needs with renewed hope.



Together, we have made significant strides in empowering communities, providing essential healthcare services, and driving positive change.

## Objectives of the project:

- Empowering **100** staff nurses with enhanced knowledge on Maternal and Child Care.
- Building awareness among **3820** community members in the Tondiarpet zone about Maternal and Child Care.
- Creating a Positive Ecosystem to support the well-being of **9600** mothers, children, and healthcare providers.
- Implementing a health tracking mechanism to ensure quality and timely interventions for **540** high-risk mothers and children.

## CAPACITY BUILDING FOR UPHC STAFFS



**Beneficiaries Reached  
through Capacity  
Building**

**115**

Ekam initiated impactful capacity-building programs for UPHC and RSRM nurses, focusing on enhancing their skills in Basic Gynaecological Physiotherapy and Lactation support. Through comprehensive training sessions, nurses gained expertise in providing better care to pregnant women in their community. Topics covered included effective communication, counselling, exclusive breastfeeding, and antenatal/postnatal physiotherapy exercises. These sessions, each lasting approximately 3 hours, equipped nurses with the knowledge and skills needed to support pregnant women and new mothers empathetically and effectively.

# CAPACITY BUILDING FOR RSRM STAFFS



Ekam Foundation conducted capacity-building sessions in the Tondiarpet zone, reaching **3820** community members to enhance awareness on maternal and child care. These sessions covered a range of important topics including prenatal care, nutrition, childbirth preparation, breastfeeding, immunization, hygiene, and recognizing childhood illnesses. By empowering mothers with vital information and providing a platform for addressing their concerns, we aim to support informed decision-making for the health and well-being of both mothers and children.

## AWARENESS SESSION AT COMMUNITY

Beneficiaries reached  
through awareness  
session

**4347**



Ekam Foundation empowers families by providing crucial information and guidance on maternal and child health care. Through raising awareness about prenatal care, nutrition, hygiene, and postnatal care, we empower communities to make informed decisions and take proactive steps to ensure the health and safety of their loved ones. These initiatives foster healthier families and contribute to the overall well-being of the community. Together, we're making a difference by equipping individuals with the knowledge and resources they need for a healthier future.

# ESTABLISHING A POSITIVE ECOSYSTEM TO FACILITATE THE WELL-BEING OF 9600 MOTHERS AND CHILDREN

Ekam established a wellness studio at RSRM Hospital, focused on the well-being of high-risk antenatal and postnatal mothers. Services such as lactation counseling, high-risk counseling, NICU baby mother counseling, and gynecological physiotherapy are offered to facilitate access to quality healthcare services and promote overall well-being.

**Gynecological Physiotherapy** sessions were conducted for high-risk antenatal and postnatal mothers, focusing on various aerobic and strengthening exercises taught by a physiotherapist. These exercises help pregnant women adjust to increasing weight, reduce low back pain, and strengthen pelvic floor muscles. Post-natal exercises aid in restoring muscle strength, firming the body, promoting weight loss, and relieving stress. Together, we're empowering mothers to prioritize their health during this critical period.



## LACTATION COUNSELLING-RSRM HOSPITAL



At RSRM hospital, postnatal mothers receive regular lactation counseling both in the IPD and OPD. These sessions emphasize the importance of exclusive breastfeeding and dispel myths surrounding complementary feeding. Mothers are educated daily on breastfeeding benefits, proper positioning and attachment, debunking myths, and the drawbacks of formula feeding. Lactation counseling provides vital guidance, support, and solutions to common breastfeeding challenges, especially beneficial for high-risk antenatal and postnatal mothers requiring specialized care

# HIGH-RISK COUNSELLING–RSRM HOSPITAL



High-risk cases receive counseling on early danger sign identification, birth preparedness, maternal nutrition, and breastfeeding initiation. Conditions such as gestational diabetes, hypertension, hypothyroidism, anemia, and teenage pregnancy are addressed. This counseling is vital for identifying and managing potential complications, ensuring that high-risk mothers are well-informed and receive optimal care to minimize risks and improve health outcomes.

## NICU COUNSELLING

Postnatal mothers, whose babies are admitted to the NICU, receive personalized counseling on Kangaroo Mother Care (KMC), postpartum mental health, and nutrition. NICU baby mother counseling offers emotional support, education, and guidance to mothers navigating the challenges of having a baby in intensive care. This counseling promotes bonding, encourages maternal involvement in baby care, and provides valuable emotional support. Our counselor helps mothers process feelings of guilt or inadequacy, offering empathy and reframing perspectives to focus on their positive role in their baby's development.



# SUPPORT GROUP MEETING–RSRM HOSPITAL



**Beneficiaries  
reached through  
RSRM Activities**

**13964**

At RSRM hospital, weekly support group meetings gather 8-10 mothers to discuss topics such as breastfeeding, prenatal nutrition, pregnancy exercises, and newborn care. Mothers share concerns and experiences while a facilitator provides guidance and clarifies doubts. These meetings create a safe, non-judgmental space for individuals to express themselves, find empathy, and realize they are not alone in their struggles. Participants gain a sense of community, validation, and personal growth.

## HIGH RISK MOTHER HOME VISIT

**Beneficiaries  
reached through  
Home visit**

**644**



At RSRM hospital, weekly support group meetings gather 8-10 mothers to discuss topics such as breastfeeding, prenatal nutrition, pregnancy exercises, and newborn care. Mothers share concerns and experiences while a facilitator provides guidance and clarifies doubts. These meetings create a safe, non-judgmental space for individuals to express themselves, find empathy, and realize they are not alone in their struggles. Participants gain a sense of community, validation, and personal growth.





Our volunteer-mentoring model fosters self-sufficiency and sustains community development efforts. Volunteers in the Tondaiyarpet area receive project introductions and basic maternal services training. Comprising enthusiastic young community members, these volunteers are committed to driving positive change.

## TELE COUNSELLING

Tele-counseling was introduced in December to address maternal and child health inquiries on Saturdays. High-risk mothers received advance notification and provided consent before connecting with RSRM staff for counseling.



## BREASTFEEDING WEEK CELEBRATION HCL CAMPUS



We celebrated "**World Breastfeeding Week**" at HCL Chennai campus on August 4th. Over 180 employees engaged with models and posters, increasing awareness about breastfeeding. Men employees learned about their role in supporting breastfeeding. Interactive activities like a ring game and "Stick your views" were part of the event, encouraging active participation.



Marking "**World Population Day**" on July 11th, 2022, at RSRM Hospital, we conducted a group session for Antenatal mothers, sensitizing them to the global issue of Population Growth and emphasizing family planning and safe pregnancy. Then, on August 2nd, during "World Breastfeeding Week," we held a group awareness session for 35 Antenatal mothers, highlighting the importance of Exclusive Breastfeeding, dispelling myths, and promoting proper nutrition. Every mother was encouraged with a badge stating, "Breastfeeding Queen," fostering empowerment and support. Additionally, we conducted a photography session for Ekam – HCL staff, enhancing their skills in documentation, lighting, framing, and storytelling, crucial for visually appealing and informative content creation.



HCL Foundation celebrated "**Poshan Maah**" at RSRM Hospital, benefiting antenatal mothers with sessions on nutrition, antenatal care, lactation support and gynecological physiotherapy. A baby shower was also organized, gifting expectant mothers with nutrition kits and cherished moments.

On December 4, 2022, **National Handwashing Awareness Day** was observed. The Ekam-HCL team conducted a hand hygiene drive in Tondiarpet, stressing its importance in preventing diseases. Six community health volunteers were trained, and youth volunteers collaborated to promote hand hygiene practices for a healthier community, educating children and adolescents



COUNT

S.NO	ACTIVITIES	COUNT
1	Physiotherapy	2907
2	High risk counselling	692
3	Lactation counselling	4150
4	Physiotherapy and High risk counselling	1905
5	Physiotherapy, Lactation counselling & Psychosocial support	698
6	Home visit	644
7	Maternal & Child Health awareness to mothers	2643
8	Maternal and Child Health awareness to General Population	1704
9	Support Group meeting	3612
10	Capacity building to staff nurses	115
11	Equipment usage	13610

**Total - 32680**

**EKAM FOUNDATION**  
**OLD NO.1A , NEW NO.3, JAYALAKSHMIPURAM,2ND STREET ,NUNGAMBAKKAM , CHENNAI - 600034**  
**CONSOLIDATED BALANCE SHEET AS AT 31ST MARCH 2023**

<u>PREVIOUS YEAR'S FIGURES</u>	<u>LIABILITIES</u>	<u>TOTAL</u>	<u>PREVIOUS YEAR'S FIGURES</u>	<u>ASSETS</u>	<u>TOTAL</u>
61,83,086	GENERAL FUND	69,45,329.84	5,05,593	FIXED ASSETS	4,16,948.00
6,00,17,008	PROJECT GRANT	3,98,20,588.53	2,48,92,320	ADVANCES & DEPOSITS	12,59,191.77
32,914	LOANS	9,902.00	2,80,000	DEPOSITS	2,80,000.00
81,90,177	SUNDRY CREDITORS	6,21,177.50	5,15,07,777	BALANCES AT BANK	4,62,06,731.60
27,66,254	OUTSTANDING EXPENSES	7,68,769.50	3,747	CASH IN HAND	2,896.00
<b>7,71,89,438</b>		<b>4,81,65,767.37</b>	<b>7,71,89,438</b>		<b>4,81,65,767.37</b>

Place : Chennai  
Date : 20-10-2023

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TRUSTEES ( )  
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*Sailakshmi B*  
*N.A*



As per our report of even date for VEPA & CO., Chartered Accountants FIRM REGN.NO.004679S



(VEPA KRISHNA)  
Partner.  
M.NO.12702

**EKAM FOUNDATION**  
**OLD NO.1A , NEW NO.3, JAYALAKSHMIPURAM,2ND STREET ,NUNGAMBAKKAM , CHENNAI - 600034**  
**CONSOLIDATED INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31ST MARCH 2023**

<u>PREVIOUS YEAR'S FIGURES</u>	<u>EXPENDITURE</u>	<u>TOTAL</u>	<u>PREVIOUS YEAR'S FIGURES</u>	<u>INCOME</u>	<u>TOTAL</u>
1,62,66,819	To Project Expenses		2,40,96,566	By Donations	1,81,69,923.84
	Medical Programme	43,24,645.00	18,10,01,038	Grants Received	9,87,11,081.20
	Medical - Equipment	1,12,60,697.00	28,777	Round off	430.34
	Non Medical - Programme	46,35,922.00	19,06,255	Interest on SB	15,28,827.54
	Project Grant Utilization		4,799	Interest on I T Refund	-
	Foreign Grant Projects	3,62,49,698.61	5,604	Miscellaneous Income	2,868.00
18,82,74,639	General Donation Projects	40,78,937.00		Sale of Fixed Asset	13,000.00
	CSR Donation Projects	3,41,51,217.00		Transfer from FCRA Fund	9,10,012.00
	Govt Projects	17,11,357.00			
	Unicef Of India	1,51,29,768.00			
17,86,102	Adminstrative Expenses	67,70,475.93			
	Audit Fees	1,29,800.00			
1,73,405	Depreciation	1,31,381			
	Rent	-			
5,42,074	Excess of Income over Expenditure trfd. To Corpus Fund	7,62,244.12			
<b>20,70,43,039</b>		<b>11,93,36,142.92</b>	<b>20,70,43,039</b>		<b>11,93,36,142.92</b>

Place : Chennai  
Date : 20-10-2023

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TRUSTEES ( )  
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*Sailakshmi B*  
*N.A*



As per our report of even date for VEPA & CO., Chartered Accountants FIRM REGN.NO.004679S



(VEPA KRISHNA)  
Partner.  
M.NO.12702

**EKAM FOUNDATION**  
**OLD NO.1A , NEW NO.3, JAYALAKSHMIPURAM, 2ND STREET , NUNGAMBAKKAM , CHENNAI - 600034**  
**CONSOLIDATED RECEIPTS AND PAYMENT ACCOUNT FOR THE YEAR ENDED 31ST MARCH 2023**

	<u>RECEIPTS</u>	<u>TOTAL</u>	<u>PAYMENTS</u>	<u>TOTAL</u>
To Opening Balances				
- Balances At Bank				
- Cash In Hand		5,15,07,777.48		
" Donation Received		3,747.00		
" Project Grant Received		1,81,69,923.84		
" Interest from Banks		8,69,52,633.80		
" Received From FCRA for project purpose		15,28,832.54		
" Income Tax Refund		9,62,888.00		
" Advances received back		730.00		
" Reimbursement from projects		41,72,354.85		
" Misc Income		1,20,78,946.75		
" Sale of Fixed Asset		-		
		13,000.00		
		<u>17,53,90,834.26</u>		
By Project Expenses				1,47,87,283.00
" Project utilisation expenses				
" General Donation Projects				2,000.00
" CSR Donation Projects				1,63,330.00
" Govt Projects				-
" Unicef Of India				1,66,207.00
" Administrative Expenses				12,24,218.34
" Creditors Settled				10,73,04,482.14
" Advances Given				52,36,285.61
" Indirect Expenses				37,322.36
" Tax deducted at source				21,675.21
" Unspent Project Fund repaid				2,38,403.00
" Cheques returned				-
" Closing Balances				-
- Balances At Bank				4,62,06,731.60
- Cash In Hand				2,896.00
				<u>17,53,90,834.26</u>

Place : Chennai  
Date : 20-10-2023

TRUSTEES

( ) *Sailakhi B*  
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( ) *N. A*  
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( ) *[Signature]*



As per our report of even date  
for VEPA & CO.,  
Chartered Accountants  
FIRM REGN.NO.004679S



(VEPA KRISHNA)  
Partner.  
M.NO.12702

“ Every child gives us an opportunity to serve. ”

-Dr. Sai

#### CONTACT US

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