



Annual Report

2023-24

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ABOUT US

For 15 years, EKAM Foundation has been tirelessly working towards healthcare as a birthright rather than a privilege. Our goal is, "Facilitating the Reduction of Under-5 Mortality in Tamil Nadu," that reflects our commitment to maternal and child health in India. At EKAM, we believe that no child should ever be denied access to essential healthcare.

As a not-for-profit entity, our work resonates with the belief that every child's health journey is deeply connected to the well-being of their mother. We strive to create a world where healthcare is accessible to all, regardless of socioeconomic status.

Our Vision

Healthy and happy children, mothers and communities.

Our Mission

We are dedicated to improving the health and well-being of mothers, children and communities in the RMNCH+A sector. By collaborating with the Public Health System, CCPP Community, Civil Society Organizations, and the public and private sectors, we enhance service delivery and empower communities.

Our Values



TRIBUTE MESSAGE TO OUR FOUNDER



“ —
Every child gives us an
opportunity to serve.

-Dr. Sai

In loving memory of Dr. Sailakshmi, founder of EKAM Foundation, who dedicated her life to improving maternal, child health and reducing infant mortality. Her commitment and visionary leadership have left an indelible mark on countless lives. We are grateful for her tireless efforts and the legacy she has created.

Dr. Sai's passion and dedication continue to inspire us as we carry forward her mission of creating healthier future for all.

MESSAGE FROM THE LEADERSHIP

Dear Well-wisher,

As Ekam approaches its 15th year, I am filled with immense pride and gratitude to be a part of this incredible journey. This past year has been a test of our strength as we mourned the loss of our beloved founder Dr. Sai. Despite the challenges and heartache, we have found solace in the memories and teachings she has left behind, inspiring us to carry on with a sense of resilience and purpose.

Throughout this year, we have faced obstacles head-on and persevered, ultimately touching over a million lives through our initiatives.

Looking ahead, we are embarking on a bold mission to achieve our 2030 goal, aiming to make a lasting impact in the lives of those we serve. While the road ahead may be daunting, I have complete faith in our dedicated Ekam team to continue the legacy established by our founder. Together, we stand united in our commitment to the well-being of mothers and children, guided by the belief that through our collective efforts, we can create a brighter and healthier future for all.



Dr. Prahalathan KK
Managing Trustee

LAUNCHING OUR RĒBRAND

As Ekam steps into its 15th year, we are excited to unveil a transformative moment. Our new logo, inspired by Dr. Sai's vision symbolizes empowerment in maternal and child healthcare. Featuring a mother and child embraced by the community. Our tagline has evolved from 'Healthy child. Healthy community' to **"Together for mothers and children."** Visit us at **"ekam.ngo"** as we embark on this journey of innovation, growth and collaboration for continued positive impact.



The "E" in Ekam Foundation: A Symbol of Empathy and Empowerment in Maternal and Child Healthcare



is now



MOMENTS OF ACHIEVEMENT

Glenmark Nutrition Awards



The Glenmark Nutrition Awards recognize excellence and innovation in nutrition, championing healthier lifestyles and practices. Ekam proudly received the esteemed Glenmark Nutrition Award 2024 on February 8th. Among over 310 entries from 110+ districts, Ekam stood out for its commitment to advancing nutrition and well-being. The grant will support Ekam's implementation of SBCC for the First 1000 days in Virudhunagar, under the NITI AAYOG aspirational district program.

South Asia LAMBCON 2023



Ekam Foundation shines at the 3rd South Asia LAMBCON 2023, held in Chennai on October 1st. Our innovative lactation game earned us honor and an award among 30 expert-presented posters. Grateful to partners Gandhigram Rural Health Institute and Biblibox for their support in our shared mission to enhance maternal wellness.

National Tuberculosis Elimination Program 2023 - 24



In collaboration with BOSCH, EKAM Foundation established a cold-pressed livelihood unit for 12 members, providing crucial business development and mentorship. This initiative encouraged the TB survivors to earn a sustainable income. Recognizing these efforts, the Department of Health Services (TB Unit) in Coimbatore honored EKAM Foundation and BOSCH by acknowledging their impactful work in enhancing the livelihoods of TB survivors.

OUR MILESTONES

10,30,580

Lives Touched

4,56,296

Children reached

63,513

Mothers reached

4,43,853

Equipment
Beneficiaries

26,714

Stakeholders
Trained





Public Health System Strengthening

At Ekam Foundation, our commitment is to the health and well-being of mothers and children. In line with our motto, **"Together for mothers and children"**, we believe that strengthening the public health system is pivotal to achieving our mission of reducing infant mortality rates and improving maternal health.

Equipment Support



Needs Assessment

- Needs assessment to understand the critical equipment gaps.
- Equipment specifications obtained & finalized with Health facility.



Handover

- Validation (specifications, quantity of the equipment)
- Warranty, AMC docs handover to hospital.
- Equipment documented with hospital & its acknowledgement



Procurement

- Procurement adhering to Ekam's Procurement policy
- Delivery, installation (& staff training)



Monitoring

- Quarterly monitoring to check on equipment in use, functional (breakdown repaired), beneficiaries impacted.

Beneficiaries through Equipment Support

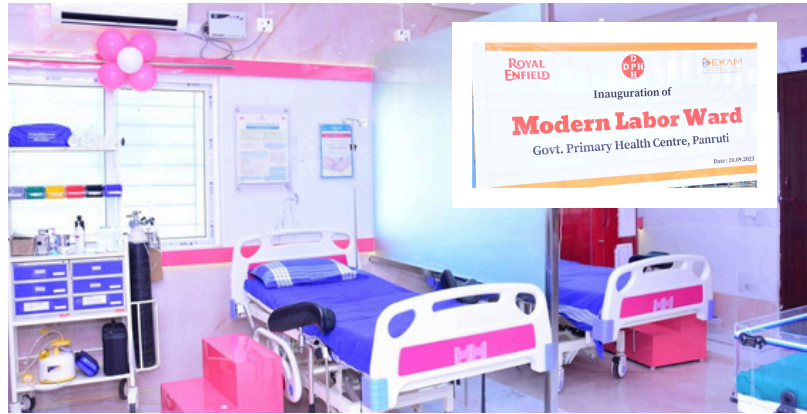
4,43,853
lives touched

46
Primary Health
Centers

16
District Hospital
36
Medical College

Enhancing Infrastructure to Establish Model Labor Rooms

Maternity care is essential for ensuring positive outcomes for mothers and newborns, significantly contributing to babies' cognitive development. We began with a thorough labor ward assessment in four PHCs, initially shortlisting Padappai and Panrutti PHCs, with Vallam PHC joining the initiative in March 2023. At Ekam, we are committed to empowering mothers and communities to become local champions of knowledge. Through various awareness programs on maternal, child, and adolescent care, we strive to promote self-reliance and well-being.



In FY 2023-24, EKAM Foundation, in collaboration with the Eicher Group Foundation, undertook initiatives to strengthen community health systems across targeted regions. The project focused on empowering frontline health workers, enhancing maternal and child healthcare services, and addressing pressing healthcare gaps within underprivileged communities.

Key highlights include:

- Capacity-building workshops for healthcare providers.
- Distribution of critical medical supplies to health centers.
- Advocacy and awareness programs on maternal and child health.

This partnership demonstrated the impact of collaborative efforts in fostering sustainable healthcare improvements and contributed significantly to EKAM's mission of ensuring accessible and quality healthcare for all. The project improved healthcare services, increased community awareness, and established a model for self-sustaining villages, setting a new standard for maternal and child health care.



Manpower Support for Institute of Child Health, Egmore, Chennai – Funded by RK Industries

With the generous funding support from Mr. Ajay Agarwal and Mrs. Garima Agarwal of RK Industries, EKAM Foundation has provided critical manpower support to the Institute of Child Health (ICH), Egmore, Chennai. This initiative has strengthened the hospital's capacity to deliver essential pediatric healthcare services.

A team of eight dedicated professionals, including anesthesia technicians, theater technicians, lab technicians, and specialized nursing staff, have been instrumental in supporting various departments, ensuring quality care for children.

Between 2023 and 2024, this project has positively impacted 39,174 children while also training 2,393 frontline workers, thereby contributing to better healthcare outcomes and capacity building in pediatric care.

This partnership highlights EKAM's commitment to bridging gaps in healthcare delivery through strategic collaborations with organizations like RK Industries.

Strengthening Neonatal Care: Ekam USA's Support for Thoothukudi SNCU

In February-March 2024, Ekam USA generously supported the Government Thoothukudi Medical College Hospital by donating essential medical equipment to strengthen the Special Newborn Care Unit (SNCU). The contribution, which aimed to restore resilience following the December 2023 floods in Thoothukudi District, was acknowledged by the hospital and officially handed over by Dr. Poongothai (Indian Medical Association, Tuticorin OG Society) to Dr. Sivakumar (Dean of the hospital).

This initiative has had a significant impact, enhancing the quality of neonatal care and contributing to the long-term goal of reducing neonatal mortality rates in Tamil Nadu. This collaboration was widely recognized, including in a local press release, showcasing the vital role of partnerships in transforming healthcare for vulnerable children.





Capacity Building

Our capacity building initiatives focus on empowering healthcare providers and community volunteers with the knowledge, skills and tools necessary for effective **maternal and child healthcare**.

Lactation Game

On August 8th, 2023, Ekam released the Lactation Awareness Game. We emphasize the importance of Social and Behavioral Change Communication to improve child outcomes, focusing on timely initiation and exclusive breastfeeding to reduce neonatal and infant mortality. This educational tool empowers mothers, community workers, and nurses with knowledge about the benefits of breastfeeding through interactive gameplay and informative content.



KEY MESSAGES THROUGH LACTATION G4D



IMMEDIATELY INITIATE BREASTFEEDING AFTER BIRTH



COLOSTRUM IS THE BEST NUTRITION



PROVIDES SKIN TO SKIN CONTACT



BREASTFEED ON DEMAND



EXCLUSIVE BREASTFEEDING FOR 6 MONTHS



PROMOTES HEALTHY CHILD DEVELOPMENT



IMPROVES COGNITION



BEING HAPPY (FOR SUCCESSFUL BREASTFEEDING)



COMMUNITY INTERVENTIONS

EKAM empowers communities by fostering collaboration, trust, and mutual support. Through health awareness programs, workshops and partnerships with local leaders, we ensure vital health information reaches even the most remote areas. Our community health workers act as bridges, providing essential services and continuous support.

Ekam Foundation has been actively engaged in comprehensive community health assessments in Perumbakkam and Kannagi Nagar. These assessments surveyed 1,565 households, identifying various health needs within the communities. Trained surveyors and focus groups played a crucial role in informing interventions, particularly for safe pregnancies and lactation practices.

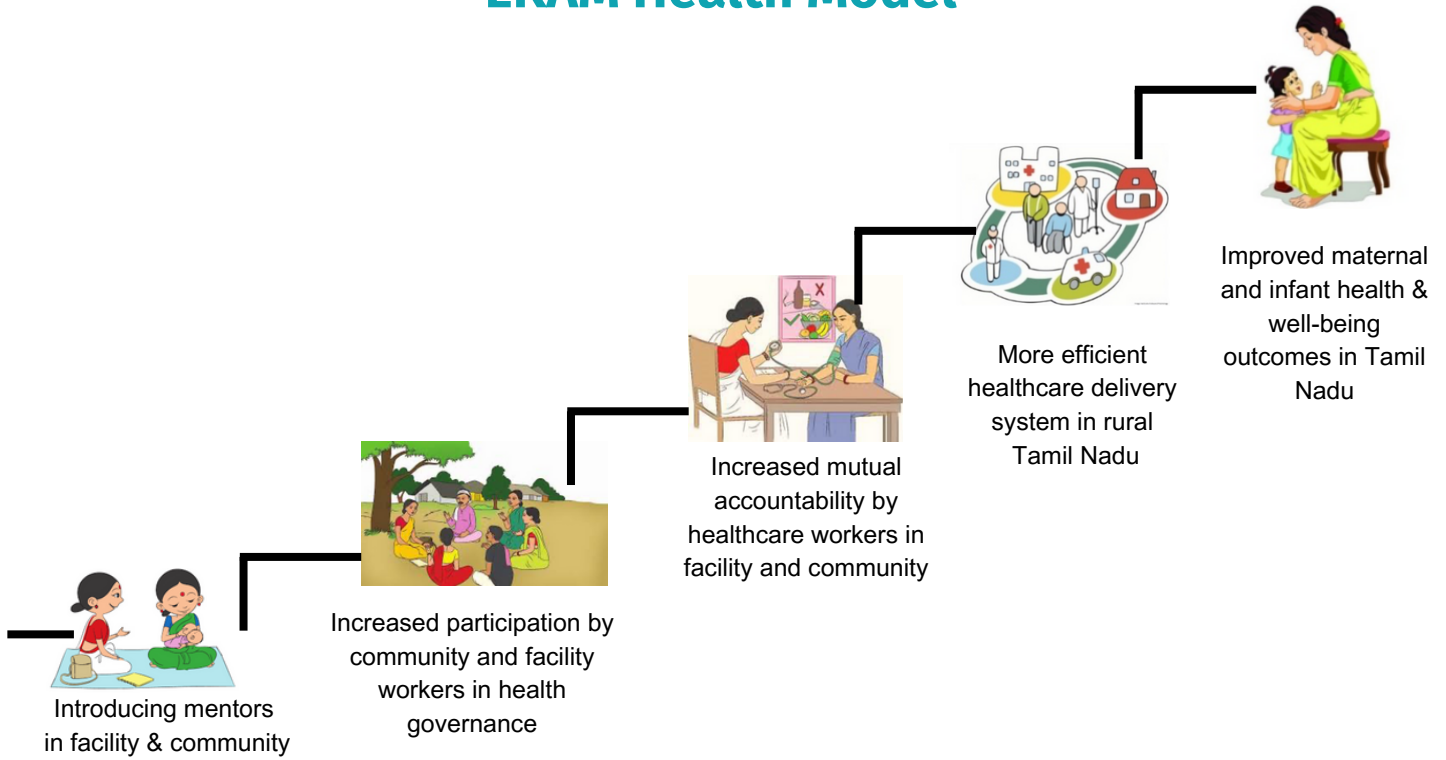


Collaboration with local authorities, NGOs, and community organizations maximized resources and involved the community in health policy.



At Ekam Foundation, we recognize that the strength of a community lies in its ability to support and uplifting its members. By engaging local leaders, volunteers and families, we create a network of support that ensures sustainable health improvements.

EKAM Health Model



Our comprehensive approach involves partnering with government hospitals, local NGOs, and community leaders to ensure that every mother and child receives timely and quality care. Through this multi-pronged and comprehensive approach, Ekam's Health Model goes beyond providing healthcare services – it empowers communities to take charge of their health and well-being, building a healthier future for generations to come.

Our District Coordinators have been improving the health of high-risk pregnant women, sick newborns & children through maternal & child health awareness and through tracking and follow up of high risk mothers and children.

11,600+ awareness sessions conducted for 3,93,000+ community members



In partnership with EKAM Foundation, Cognizant Foundation is driving a healthcare initiative in Tamil Nadu, India, focused on enhancing maternal and child health outcomes. This collaboration highlights their dedication to leveraging resources for social impact, addressing neonatal mortality rates, and strengthening healthcare infrastructure.

In Thiruvallur, our EKAM Health Model is being funded by Cognizant Foundation since 2023

Rebuilding Community Health and Wellbeing - Health Needs Assessment in Perumbakkam and Kannagi Nagar

From February to March 2024, EKAM Foundation, in partnership with the HCL Foundation, conducted a comprehensive Health Needs Assessment (HNA) in Chennai's resettlement areas of Perumbakkam and Kannagi Nagar. Covering 1,565 households—1,079 in Perumbakkam and 486 in Kannagi Nagar—the survey included both quantitative data collection and qualitative insights from seven Focus Group Discussions and six In-Depth Interviews.

The assessment highlighted critical health issues in these communities, including challenges in maternal health, drug abuse, and limited access to sanitation, with residents also facing environmental health hazards. Findings from this assessment will support the Health System in prioritizing interventions and resources to address these identified needs. This initiative underscores the importance of targeted health services and community engagement to improve well-being in under-resourced areas.



Mr. Shabmugam, GM-Operations with Ms. Parvathi, Associate, HCL foundation



Training sessions by Dr. Francis Xavier and Mr. Ravishankar from GIRH&FWT, Gandhigram



Pilot testing of quantitative tool by the trained investigators with Mr. Sakthi, Ekam Foundation



Pilot testing of translated tool by the trained investigators

Nurturing Collective Livelihoods – A Path to Empowerment and Resilience emerging from the Neighborhoods of Bangalore and Coimbatore

The "Nurturing Collective Livelihoods" project, a collaboration between EKAM Foundation and BOSCH, addresses economic challenges and inequalities in Bangalore and Coimbatore by building sustainable, inclusive livelihood opportunities. Through a Self-Help Group model, the project promotes microenterprises that foster teamwork, empowerment, and resilience among marginalized communities. This approach strengthens social bonds and enhances participants' economic stability, instilling confidence and self-reliance. The success of this initiative showcases the transformative impact of collaborative efforts, serving as an inspiring model for inclusive development that can be replicated in other regions and sectors.



Nutrition Kit Donation Project

In collaboration with key partners, EKAM Foundation successfully implemented the Nutrition Kit Donation Project aimed at addressing malnutrition among vulnerable children and families. Through this initiative, essential nutrition kits were distributed to communities in need, focusing on improving overall health and well-being.

The project highlighted the importance of nutritional support in fostering healthier childhoods and reducing health disparities. This impactful effort aligns with EKAM's mission to ensure accessible healthcare and improved living conditions for underprivileged communities.



Adolescent Empowerment to Prevent Child Marriages



In Chhattisgarh, adolescents (ages 10-19) face significant challenges such as child marriage, child labor, trafficking, teenage pregnancy, and increasing crime rates. To address these issues, the Government of Chhattisgarh, in collaboration with the Department of Women and Child Development, UNICEF, and Ekam, launched a multi-sectoral program focused on adolescent empowerment, aiming to end child marriage and violence against children.

The initiative involved coordinating various departmental schemes to empower adolescents and creating District Action Plans, which were consolidated into a State Action Plan. Capacity development at district, sub-district, and frontline levels was also prioritized to ensure effective service delivery and strengthen platforms for adolescent participation.



Key Achievements

- **Established functional task forces in 9 districts** to prevent child marriage and violence against children.
- Developed operational work plans in 5 districts.
- **Trained 26,154 frontline workers** across **1,421** Gram Panchayats.
- Empowered 393,965 adolescents with knowledge on child protection.
- Engaged 28,835 adolescents through volunteer and life skill programs.
- **Recruited 12,451 adolescent volunteers.**
- **Supported 6,440 girls to enroll and/or remain in school.**
- Enabled 11,446 adolescents to access protection services and government schemes.
- Provided **vocational training and life skills to 89,711 girls.**
- Benefited 4,175 girls through social protection schemes.

Kangaroo Mother Care (KMC)

In Tamil Nadu's government hospitals, specifically in the Special Newborn Care Units (SNCUs), EKAM's efforts significantly benefits mothers and infants, providing KMC sling bags, counseling sessions, raising awareness of government schemes and offering newborn care training. These projects effectively achieves its goals.



By partnering with other organizations, EKAM distributed free Kangaroo Mother Care (KMC) sling bags to marginalized families seeking child care in government hospitals.



At the Institute of Obstetrics and Gynaecology in Egmore, the initiative has benefited lactating mothers, low-birth-weight babies, and sick children. Key outcomes include heightened awareness among mothers and their families, enhanced community practices of Kangaroo Mother Care (KMC), and stronger familial support, all contributing to a reduction in mortality rates.

In Coimbatore, we trained a group of SHG women to professionally stitch Kangaroo Mother Care (KMC) sling bags, connecting them emotionally to their work and empowering them economically.



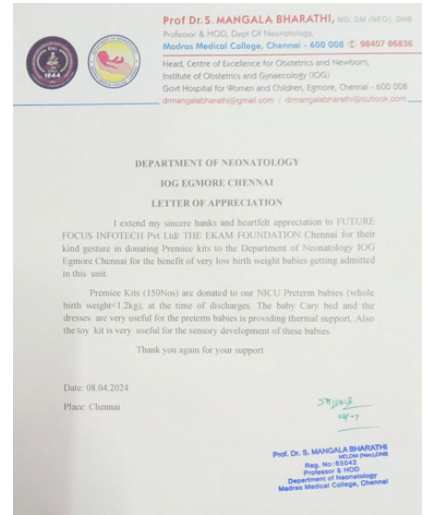
On World Prematurity Day, we celebrated Kangaroo Mother Care (KMC), a special way to help premature babies grow stronger. Supported by **Dr. Soumya Swaminathan**, former WHO Chief Scientist, KMC is all about keeping babies close to their mothers' skin. This helps them stay warm, feel secure, and get the love and food they need.

Premie Kits for Preterm Babies – Partnered by Future Focus Infotech via Auxohub

In collaboration with Future Focus Infotech Pvt Ltd through Auxohub Consulting, EKAM Foundation successfully distributed 150 Premie Kits to the Department of Neonatology at IOG, Egmore, Chennai. This initiative focused on supporting preterm babies (weighing less than 1.2 kg) admitted to the NICU.

The Premie Kits, provided at the time of discharge, included baby care beds, clothing, and sensory development toys. These resources proved instrumental in ensuring thermal support, comfort, and early sensory stimulation for these vulnerable infants.

This contribution, acknowledged through a letter of appreciation from IOG Egmore, reflects EKAM's continued commitment to neonatal care and our fruitful partnerships with corporate sponsors and consulting agencies to improve healthcare outcomes for newborns in need.



VOLUNTEERING & INTERNSHIP

CSR Volunteers



The Volunteers selfless dedication and hard work extend our reach and amplify our impact. From organizing health camps to supporting administrative tasks, Their diverse skills and perspectives bring innovation and improvement to our programs. We are deeply grateful for their invaluable contributions and the positive change they bring every day.

College Interns



Our interns infuse Ekam Foundation with fresh energy, innovative ideas, and a passion for change. They gain hands-on experience and make meaningful contributions to our projects. Working closely with our team, they grow and learn while making a tangible impact. The dedication and enthusiasm of our interns inspire us and reinforce our belief in the power of the next generation to drive positive change in society.

STORIES OF EKAM



"**Stories of Ekam**" is a collection of heartfelt testimonials from the communities we serve, the dedicated healthcare professionals we work with, and our passionate volunteers. These stories highlight the real impact of our initiatives, showcasing the challenges faced and the triumphs achieved in our collective journey towards better health for mothers and children.



Hemalatha, a mother of two, faced a challenging pregnancy due to severely low hemoglobin levels. She came to us in a state of despair, worried about her health. Our dedicated EKAM team and healthcare workers provided the necessary medical treatment and nutritional support. Through their concerted efforts, Mrs. Hemalatha's hemoglobin levels improved and she was able to give birth to a healthy baby.

“During my second pregnancy, I was scared and worried due to my low hemoglobin levels. But thanks to the unwavering support and care of the Ekam staff, I was able to improve my health and give birth to a healthy baby. They not only treated me but also gave me hope when I needed it the most”

This mother's journey began with the birth of her baby, born prematurely and struggling to breathe. Weighing just 800 grams, her baby fought with incredible determination to survive. With the dedication of our doctors and nurses, who provided round-the-clock care and support, this tiny fighter gradually doubled her weight to 1.6 kilograms."



"When my baby was born prematurely, weighing just 800 grams, I was terrified. But thanks to the dedication and care of the doctors and nurses, she fought bravely and grew stronger every day. On March 21st, 2024, we joyfully brought her home. I will forever be grateful for the support we received."

The mother blessed with twins faced difficulties in producing enough milk and turned to donated milk, grappling with feelings of inadequacy and despair. Mrs. Effath Yasmin stepped in with her expertise and guidance, helping the mother to increase her milk supply and regain confidence in her ability to nourish both her children.



"When I couldn't produce enough milk to feed my twins, I felt like a failure. But with the support and guidance from Mrs. Effath Yasmin and the EKAM team, I found the strength to successfully breastfeed my babies. They gave me hope and believed in me when I couldn't believe in myself."



PARTNERSHIP & COLLABORATIONS

CSR Partners



Knowledge Partners



FINANCIAL OVERVIEW

2022-23	Liabilites (IN Lakhs)	2023-24
69.45	General Fund	62.96
398.21	Project Grant	103.11
0.10	Loans	-
6.21	Sundry Creditors	1.52
7.69	Outstanding Expenses	1.73
481.66	Total Liabilites	169.32

	Assets	
4.17	Fixed Assets	3.26
12.59	Advance & Deposits	9.65
2.80	Deposits	2.80
462.10	Balance at Bank	153.61
481.66	Total Assets	169.32

2022-23	IN Lakhs	2023-24
1193.36	Total Income	879.47

2022-23	Expenditure	2023-24
43.24	Medical Programme	28.44
112.61	Medical - Equipement	-
46.36	Non Medical - Programme	0.63
362.50	Foreign Grant Project Expenses	228.77
40.79	General Donation Projects Expenses	98.13
341.52	CSR Donation Projects Expenses	405.99
17.11	Govt Projects	8.56
151.30	Unicef Of India	84.70
77.93	Administrative Expenses	24.25
1,193.36	Total Expenses	879.47

Join our EKAM Family

Be a part of our mission to improve maternal and child health across India and facilitate the reduction of under-5 mortality in Tamil Nadu. Your support can make a significant difference in the lives of many.



Contact Us

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We can't wait to create lasting impact with you!

