

COVER STORY: A Step Forward: From compassion to action.

extramile

Every child deserves it



Vol.1 No.3

July 2022 - Sept 2022

Building a community through giving



On a mission to save every newborn baby, Extra Mile foundation conducted a volunteership drive in September.

The main goal of this event was to add all the like minded enthusiasts in the Extra Mile family!!

Venue: Fat pigeon, Jubilee hills.

Date: 15.09.2022 | 5PM

Highlights

3 Our Partnerships

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Founder's Note

- A Journey of Inspired Ideas and Happiness.

A warm regard to all the donors and supporters, its because of you all we had a phenomenal quarter. I welcome all the readers who are giving their precious time to read through our journey for this quarter. Believe me it was very satisfying to see “*The Smiles*” on the faces of those parents who took their babies home after excellent care in their respective hospitals. Although role of Extra Mile was just to add that mile extra to what doctors have done, but we still loved sharing those few stories with you. We had a chance to serve some newborns in districts of Nalgonda and Warangal. “*Breast pumps have made the life of mothers of premature babies hassle-free and more productive*”, a statement from a pediatrician of these SNCU’s was very encouraging. A small gesture of using low flow meters in the NICU instead of free flow oxygen has been an initiative of Extra Mile this quarter. The lesser the use of oxygen, the lesser is blindness in premature babies as it prevents Retinopathy of prematurity (ROP- leading cause of blindness in preterm neonates).

It was pleasure and proud moment to be associated with our new team of “*Volunteers- The Like-Minded People*” who are going to live this journey of happiness with us. Very Satisfying was the association of “*Bhartiya Vidya Bhavan School,*” which gave us the opportunity to talk to their students and so many of them were encouraged to join us for the good work. If these school going children can understand that “*Giving back to society is not a charity but a Moral Responsibility*”, I think world will become a better place to live in. Last but not the least, our partnerships with individuals and companies might look small but I’m very sure that they are going to have an impactful journey with Extra Mile. Wishing to help saving more lives and contributing to the society, will come back with more happy moments next quarter.

“Happiness is when what you think, what you say and what you do are in harmony”

Best Wishes

Dr. Nitasha Bagga



Nearly 3.5 million babies in India are born too early, 1.7 million babies are born with birth defects, and one million new-borns are discharged each year from Special New-born Care Units (SNCUs). These new-borns remain at high risk of death, stunting, and developmental delay. (Source - unicef.org/india)

Partnerships

Impactful partnerships- Doing small things with great love!



We are pleased to associate with Inner wheel club of Banjara. Looking forward to having many more. We are thankful to this wonderful group of women for contributing breast pumps and bottle sterilizers for new born babes.

FAT PIGEON

• BAR HOP •

We would like to thank Ketan Agarwal, Owner of Fat Pigeon for voluntarily sponsoring the venue for future events.

coMakeIT Software Pvt Ltd

coMakeIT

Part of Xebia

We are elated to announce our partnership with coMAkeIT Software Pvt. Ltd. a software product engineering company. They accelerate product innovation, modernize aging applications, and

productize best practices into new software IP. They have contributed for our “*Universal thyroid screening for newborns*” initiative.

Our Sweaters Journey - The Baby First Box



The Baby First Box believes in contributing to society. Their sweaters are handknitted by underprivileged women based in rural parts of India. They provide a regular source of income for these women. These women in spite of being underprivileged have associated with us by donating hand made woollen sets every month for underprivileged new borns who are discharged under the care of Extra Mile.

Perspectives

Proud mother of a premature baby's perspective



Jayanthi Reddy

Fashion Designer

Owner - Jayanthireddylabel

My name is Jayanti and as a mother of a premature baby, I would love to share my experience to all the parents going through a similar phase in their lives.

I was admitted at Rainbow Hospital due to a complication in my pregnancy and was suddenly told that I would have to deliver my baby immediately. It was certainly the most stressful point in my life. When baby was born, we knew his lungs were developed and are in good shape. None the less there were many complications. He was on oxygen support for a couple of weeks, had episodes of Apnea and bradycardia many times. 6 weeks in the NICU was hard but my baby is healthy and back home now.

The financial and mental burden is something that can be very stressful for most parents and I can vouch that Extra Mile Foundation will help as many families as they can to overcome their fears and worries.

I'm thrilled to be a volunteer for Extra Mile and would help in whichever way I can.

Volunteer's Perspective - Rishik



Rishik

11th class student,

International School of Hyderabad

I am keen to be involved in serving the community by working closely with non profit organisations and other like minded individuals. I had a chance to interact with Dr Nitasha Bagga, my mother's colleague. I was thoroughly impressed and motivated by her cause and vision to take the Extra Mile foundation forward, I instantly decided to contribute to this great cause as a volunteer. During the last two academic years, I have been actively involved in providing educational resources to less privileged students in the local area. Last year I raised Rs.73,000 to provide high quality tablets (digital-devices) to help students engage in digital or e-learning while the schools were conducting online classes. This year I collected in excess of 500 textbooks and unused notebooks from my apartment complex to deliver to the less privileged students in the local area. Im on my mission to raise money for Extra Mile foundation and also spread awareness for the same so that it helps as many as these little lives.

Perspectives

Board of Directors' Perspective - Dr. Gokhle



Dr. Ghokale

MS, MCh, DNB, SMP(IIM-C), D.Sc

Padmasri Awardee

Cardiothoracic and minimal access surgeon

Apollo Hospitals

"I slept and dreamt that life was joy. I woke and saw that life was service. I acted and behold, service was joy." -Rabindranath

Tagore

How many of us realize how lucky we are to have two meals a day, roof over head and access to good education and health care? We keep complaining and asking for more, forgetting the fact that we belong to a very small percentage of population who have access to all these. Yes, it is the government's responsibility to provide equal opportunity for good health and education to all. Unfortunately very few nations are able to do that. Especially in a country like ours, where tertiary health care is provided mainly by private hospitals and expenditure is out of pocket, many cannot afford and lose their lives or their loved one's. Fortunately there are some who realize this and try to give a helping hand and contribute to the well being of the society.

Dr. Nitasha Bagga through her "Extra Mile foundation" is one such exception. She has taken up the gigantic task of helping the sick and poor new born babies receive the best health care. If given appropriate medical care in right time, many of these babies grow normally and contribute to the society. It is commendable that this foundation is not only helping in meeting the hospital costs of these babies, but is also helping the existing facilities to update their infrastructure and care giving skills. It is also working on educating mothers on providing healthy diet. Trust has so far helped a good number of babies to get out of the jaws of death. I wish that many socially conscious people will extend their helping hand to the "Extra Mile Foundation" to enable it to serve more.



Total Donors

Total Babies Helped



Our Event Partners



Wizcraft is India's leading COMMUNICATIONS & ENTERTAINMENT Company, integrating strategy, creativity and technology to provide unique experiences.

Extra Mile family is thankful to Wizcraft for associating with us as our event partners.

Meet our new volunteers

Discover why some of the richest people in the world are not millionaires but they are Volunteers!!

Jayanthi Reddy

Owner at Jayantireddylabel



I'm a fashion designer by profession. I'm also a proud new mother of a 4 month old who spent 6 weeks in the NICU. Eager to help others who are going through a similar experience in their lives.

Sharanya

Student



Meet our Youngest volunteer- Sharanya, a 10th class student at Bharatiya Vidhya Bhavan's Public School, who is inspired to join us and help in paper work and fundraising!

Anamika and Ankur

Premmie Parents

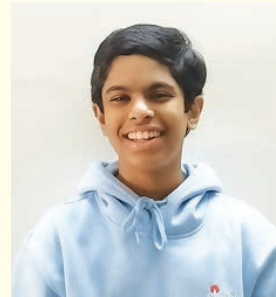


We are the parents of the most lovable and cute baby boy who was born at 25 weeks. Anamika is a software engineer and security expert who has worked across multiple companies, and also co-founded IronWasp - A web application security platform. Currently, she is taking a break, and playing the role of full time mom. Ankur is co-founder and Head of Product at Joveo - A talent acquisition platform. Having experienced prematurity - we would like to help raise awareness and help make world class care available to all.



Rishik

Student



I am a full time student doing The International Baccalaureate® (IB) Diploma Programme (DP) at ISH, Patancheru. Hyderabad. I am aspiring to be an Economist once I graduate.

Tina Dilipkumar Penubolu

Cofounder of Quillatwill.com



I am Tina Dilipkumar Penubolu, Cofounder of Quillatwill.com. I am passionate about philanthropic work and volunteer with various NGOs.

Rajesh Goel

Rtd. Chairman and MD of a central govt. PSU



I am Rajesh Goel, retired as the Chairman of a central government PSU and thereafter worked as DG of the National Real Estate Development Council. Now fully retired & plan travelling extensively. My family is privileged to be part of this initiative, which is close to our heart, having gone through the roller-coaster journey with my micro premie grandson, who is still in NICU, but on the way back home soon, thanks to the almighty and care taken by everyone at NICU.

Manjula Harish

Homemaker



My name is Manjula Harish. I am homemaker. Extremely happy to join the group.

Meet our new volunteers

Archana Reddy

Lactation Consultant



I am Archana Reddy, I am a Lactation Consultant by profession. I have been working with Dr. Nitasha closely from about 3years now. I am looking forward to contribute my fullest possible potential to this noble cause.

Uma

CA



Uma Ramanan is a Chartered Accountant by profession & is currently heading the Finance department for an IT company based in Hyderabad. She has also completed her CPA from U.S.A. and has over 20 years of experience in diverse fields of banking, foreign exchange, accounting, audit and compliance. She would be assisting us with maintaining the accounts and working closely with the Auditors to ensure Statutory compliances for ExtraMile.

Aditya Nadimpalli

Technical Manager for Alexa at Amazon



I am Aditya Nadimpalli. I work at Amazon as a Technical Manager for Alexa.

Manikanta

Developer



This is Manikanta from Hyderabad working as dotnet developer in ivy comptech. I am specifically working on blood requirements by supporting the needy people by sending donors across Telangana and Andhra pradesh. I'm always there to help Extra Mile in whatever capacity I can.

Kavitha

Pediatrician



I am Kavitha, Pediatrician with Specialist Interest in Paediatric Endocrinology. I am glad to be a part of this wonderful group, looking forward to put more smiles on innumerable little faces.

"Bounty always receives part of its value from the manner in which it is bestowed." -- Samuel Johnson

Yugandhar Penubolu

Founder of Winzard.io and quillatwill.com



I am Yugandhar Penubolu. I am founder of Winzard.io (HR Tech Company) and Quillatwill.com (A Creative Writing Platform). I am also the author of The Transformational Lens' - A People

Management Book. I am happy to network and get mileage for Extramile.

Faisal

Sales worker



Greetings to everyone out here, my name is faisal. I am into sales. Working for an ecommerce marketplace which deals with sustainable and organic products.

Sudheer Kumaravelu

Businessman



I am Sudheer Kumaravelu and I am a business man. We are distribution partners to FMCG companies like ITC Ltd, VST industries Ltd and Patanjali Ayurved. Me and my family are always happy to join

ExtraMile to support whatever way we can.

Meet our new volunteers

Ketan

Owner of fat pigeon



Whether it's a dear one around the corner or a stranger on the block, Ketan Agarwal lets warmth on the loose for everyone. He is the Co-founder of Taste Budders Hospitality,

a Hyderabad based partnership firm operating a world-class Rest-o-Bar. Fat Pigeon, located in the heart of Hyderabad, is the first roof top venture by Ketan and the members of TBH. Ketan is proud father of newborn baby and is committed to associate with Extra Mile.

Sheetal Ajalkar

Neonatologist



I am pursuing DrNB DNB Super-speciality in Neonatology at Rainbow Childrens Hospital, Banjara Hills, Hyderabad. I have completed MD in Pediatrics. Privileged to be part of this mission.



Our Share of Smiles..

If you see someone without a smile..... give them one of yours!!



Baby helped for Renal Surgery

Baby of Navya was helped for renal surgery by Extra Mile. Father is a driver by occupation and he could not afford the expenses.

Baby of 32 weeks and having birth weight of 1.2kgs



Preterm with tracheo oesophageal fistula, critical surgery

Baby of Vijayashree was admitted for tracheo oesophageal fistula, critical surgery. Extra Mile contributed for the surgery and baby is discharged home on full oral feeds.



Baby of Akshita got discharged from Durgabhai Deshmukh Hospital. We helped them to our level best to support for expenses during their hospital stay.

Baby who had a long stay at NICU

Baby of Krishnaveni who was preterm with 32 weeks, had a long stay in NICU. Father is a lab technician and mother is nurse. Extra Mile helped them as their all existing resources were exhausted.



Our Share of Smiles..

Extreme Premature baby of 25 weeks and birth weight being 600 gms

Extra Mile supported both the twins of these parents. But unfortunately they lost one of the twins. The second twin was discharged home. Our involvement helped in decreasing the financial stress to this family.



Late Preterm baby who needed ventilator support



This baby was a late preterm of 36wks and birth weight being 2kgs., was admitted at Rainbow Children hospital for high ventilator support to save his live. Father didn't have money for admission fees as well. Extra Mile helped this baby to go home safely by sharing a part of financial burden.

New born baby with severe infection.



This is a new born baby of Bhadramma who was ill with severe infection. Father is a primary school teacher in a village and could not afford with the expenses. Extra Mile helped the baby recover and is discharged home.

Premature baby admitted for a month in the hospital



Baby of Dibamma bai with 31 weeks was admitted for a month in Durgabhai Deshmukh hospital. Extra Mile helped this baby to go home by contributing to their exhausted financial resources.

Extremely sick premature baby of 32 weeks



Baby of G Anuradha, was admitted for premature care in Paramitha Children's Hospital. Extra Mile helped when the hospital stay extended and parents exhausted all their resources.

First set of Extramile twins from Vizag.



Happy to share our first set of twins discharged from Rainbows Children Hospital, Vizag. They were one of the most needy parents for financial support to take their smiles home.

Sick baby of 32 weeks and birth weight of 1.2 kgs.

Baby of Boini Vani whose father is a tractor driver. Was very sick so came to Rainbow. By no means he could arrange the finances.



Extra Mile shared the financial stress during the course of prematurity.

Shaping The Future

An Extra Mile to Prevent Retinopathy of prematurity (ROP)



Preterm infants are at risk of ROP as the blood vessels in their retinas are not fully developed at birth. In ROP the retinal blood vessels initially stop growing, and then proliferate abnormally. The end result can be total retinal detachment or scarring and distortion of the retina, which leads to blindness. Careful supplementation of oxygen is one of the most preventable cause of ROP. Instead of providing free flow oxygen (5l or more), if we use low flow meters which can provide oxygen of 0.5 litres or even lesser, will not only prevent oxygen toxicity but also save the resources. As an Extra Mile Initiative we will be providing these low flowmeters to various SNCU's like Nalgonda, Warangal, Siddipet, Durgabai Deshmukh and Durrese-hwar Hospital which cater more than 10,000 preterm babies per year.

Warangal SNCU visit



Visit to Warangal SNCU's was a very satisfying experience. This is a clear example of how rapid scaling up of SNCU's in the country has accelerated the reduction of neonatal mortality. Extra Mile will be associated and support the much needed population of newborns and premature babies.

Bharatiya Vidya Bhavan's Public School visit



One of the moments which Extra Mile Family will always cherish is visit to Bhartiya Vidya Bhavan school and spreading awareness about prematurity to the students of the school and their parents. These students will participate in various activities as an act of "Giving back to the society is a moral responsibility" and hence build the future.

Our Donors

Heartful thanks to all who have contributed to the cause

Exactly 6yrs back this baby of Rucha was admitted with our founder with a critical illness and was in NICU for almost 6weeks. But persistence of parents has brought this child being absolutely normal. The matter of pride is this little girl has done an art and painting exhibition and sold out her paintings to donate money to Extra Mile and help all similar newborns in need! Extra Mile thanks this little angel for all her kindness.



Raytex IT Services LLP specialises in development customisation and maintenance of software in the niche Marine Logistics Domain. It is promoted by Mr.Parvez Mansuri who is based in U.S. He strongly believes in giving back to the society and is associated with quite a few charities in India and in the U.S. He's proud to be associated with the cause and highly appreciates the work done by Extra Mile in the area of pre term babies which very few organisations are involved in. They have contributed a huge amount to our foundation. We are extremely thankful to Mr. Parvez and team.

We thank Dr. Ghokale & Dr. Venkatalakshmi to sponsor for “ Universal Thyroid Program” for one year for one of the SNCU’s and helping 10,000 babies in Nalgonda district.



We thank our recurring donors and big time donors for always being there:

Dr. Dinesh Chirla
 Dr.Pranati Reddy
 Dr.Sasikala Kola
 Mr. Avnish kumar
 Mr. Ramam and family
 Dr. Harish and family
 Dr. Lakshmi Veda Prakash
 Dr. Mythri
 Mr. Ramakrishna
 Mrs. Kamini
 Mr. Sudheer and Family
 Mrs. Haritha

Our Donors



We are extremely thankful to the Bharatiya Vidya Bhavan's Public School management, students, teachers and parents for donation huge amount to the Extra Mile foundation. This visit was a wonderful experience for us.

Snapshots of the Events



This meet was to bring all who wish to contribute in different ways by volunteering – through their time, thoughts, resources - and helping Extramile Foundation go the extra mile.



We did a small fundraiser in a Casa Rouge Apartment, Kondapur recently. We could get few monthly donors from this event. We thank all the donors from this community to partner with us.

Snapshots of the Events



Few memories of our Warangal visit, We visited 3 SNCU's in the town and felt very satisfied helping the much needed.

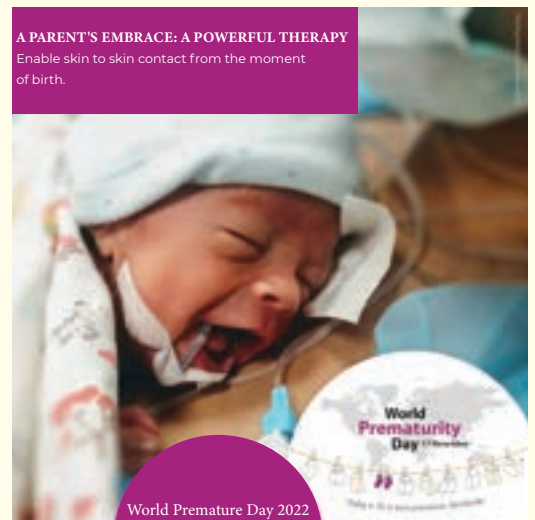


One of the moments that the Extra Mile family always cherishes is the visit to Bharatiya Vidya Phavan's Public School during August 2022. We had not only received huge amount as a donation but was also gives lot of respect and honour.

Recent Updates

World Prematurity Day – November 17, 2022

Let us take a moment to show compassion and support for families who are experiencing the anxiety of premature births by joining hands to save these premature babies.



Media track- in the news

Conversations Today is an elite publication that focuses exclusively on social issues and features social entrepreneurs, social workers and NGOs globally. It is an excellent platform for the promotion of several existing social enterprises and Corporate Social Responsibility initiatives.

*We thank "Conversations Today",
for featuring Extramile in their August issue's cover story.*



Miracle Preemies



Wayde van Niekerk

When Wayde van Niekerk was born prematurely at 29 weeks in 1992, nobody could have imagined that he would grow up to be the reigning champion in the field of track and field. He weighed a little over 1kg and doctors said he could end up being disabled. He is the current World and Olympic record holder, having set the record in the Olympic finals. He also holds the world-best time in the 300 metres. Wayde won South Africa's first gold medal at the 2016 Rio Olympics.

1. Preterm babies are discharged when they are well and weight

- a) 1.4 kg b) 2 kg c) 2.4 kg

2. Preterm low birth babies need to come back for a check up after discharge from the hospital in

- a) 3-5 days b) 2 weeks c) 1 month

3. Which of the following checkups are important for a preterm baby after discharge

- a) Growth b) Development
c) Eye, and hearing check ups d) All of the above

QUIZ TIME!



Answers to previous quiz

1. Hiccups are normal in newborn babies. **True** /False
2. Kangaroo mother care is done by humans or kangaroos? - **Humans**
3. Colostrum (which is the first milk secreted by the mother) is loaded with immunoglobulins and proteins and is yellow in colour. **True**/False
4. The best thing to do to the umbilical cord of a newborn baby is:
 - Clean with spirit swabs •**Let it dry by itself** •Apply cowdung

Those who can, do. Those who can do more, volunteer!!



Extra Mile Foundation requests you all to join our Family. We believe that your presence with us will make a huge difference. Looking forward for your support. Please include your friends and family in our Volunteership drive.

We have the cause. You have the effect. So please join us!

Believe in
Tomorrow



By Giving
Today

We are elated to announce that **THE EXTRAMILE FOUNDATION** has received its 80G registration.

Make a difference everyday with a monthly gift.

Join our community of monthly donors saving the premature and sick new borns.

Account Number - 50200063938471, IFSC code- HDFC0002019,
Bank Name- HDFC Bank Ltd, Branch- Kondapur, Branch code- 2019



Address:

C301, Casa Rouge Apartment,
Kondapur Near TCS Building,
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