

extramile

Every child deserves it



Vol.1 No.1

January 2022 - March 2022

SMILES - Milestones of extramile!



Bollywood actress Karishma Kapoor & Jayesh Ranjan, Principal Secretary, IT, Telangana, launched the 'Extra Mile' foundation in the city.

Founded with an intention to save 'premature and sick newborns', who can survive with good intensive care treatment (NICU), but parents cannot bear the cost.

The event was also attended by Dr. Gopichand, CMD, Star Hospitals; Neeru Kumar, Chairperson, Neerus Group; Dr. Ramesh Kancharla, CMD, Rainbow Hospitals and others.

Venue: LV Prasad Eye Institute

Date: 19.12.2021



Every Premmie
Saved.!!!

Preemies Stats in India

- Newborn deaths account for **40%** of all deaths among children under five years of age.
- India has **1/5th** of the world's preterm babies.
- In India, 3,341,000 babies are born **too soon** each year and 361,600 children under five die due to direct **preterm complications**.



OUR VISION

Build a world where every premature and sick newborn gets affordable care and prevents needless loss of life and illness amongst the underprivileged newborns.

OUR MISSION

Excellent care to every Newborn equitably.

Why ExtraMile?

- The majority of neonatal deaths (75%) occur during first week of life, which is contributed not only by prematurity but also various spectrum of newborn disorders, which are treatable if addressed timely.
- There are many government organizations and NGOs which are working for the cause. But that is not sufficient! We need to go Extra Mile
 - We will be associated with all those institutes and health care facilities providing 'Quality Care' and 'Time Referral & Transport' to the higher and more equipped centres.
 - We will be sharing the load of finances for providing equitable care and will be working on innovative private-public partnership models at district and sub district health facilities.
 - We will also partner with various educational institutions for spreading awareness for the cause.

Cost for Preemies Care

- According to Born Too Soon: The Global Action Report on Preterm birth and The WHO, India tops the list of 10 nations contributing 60% of the world's premature deliveries.
- This comes with need of expertise, infrastructure and huge cost of care for intensive care treatment of such babies, needing high end ventilators, drugs, disposables, parenteral nutrition and 24X7 constant monitoring needing sufficient
 - Human Resources which includes trained doctors and nurses!
 - This is huge economic burden and needs to be shared.

Case Stories

Baby of Deep Kaur Sahani Twins, Preemie with blood & brain Infection

Preterm baby of 26weeks and birth weight 800gm got discharged but got re-admitted with blood infection and brain infection. Due to lack of finances Extramile supported the baby for 2 weeks of IV antibiotics and other supportive medications.



Baby of Tabassum, surgical intervention through Extramile



The Preemie, baby of tabassum fatima was admitted due to a complicated herniotomy. ExtraMile along with other parents helped this baby to undergo the surgery and provide financial aid.

Baby of Jhansi, Ventriculoperitoneal Shunt, A Brain surgery

This Preemie baby was admitted at Soumya Children's Hospital for Ventriculoperitoneal Shunt (VP shunt), a brain surgery to remove excess water. ExtraMile came to the aid of this baby to undergo the surgery and save life.



Baby Ritvik, Our First Surgical Patient



Extra mile helped this little one for hernia surgery. This baby is our first surgical patient.

We Thank...

- Rainbow Children's Hospital
- Paramitha Hospital
- Soumya Children's Hospital
- Andhra Mahila Sabha

*Who helped these babies not only with the treatment at par excellence but also financially by getting attached to **extramile** Foundation.*

Case Stories

Baby of Anjum Fatima, Pneumopericardium and pneumothorax

Baby of Anjum Fatima was born full term and developed infection on Day 3 of life for which he had to be ventilated. He reached Rainbow Hospital in a state of bradycardia and poor oxygenation and was diagnosed to have pneumopericardium and pneumothorax, with pulmonary hypertension.



This baby required the maximum support

in the form of highest ventilator (HFO) and gas treatment (nitric oxide), which comes with a huge cost. They came to me one day saying they are exhausted with finances. Extra Mile helped to let this baby not go off hospital and contribute to finances for the last few days of treatment!

Twin Babies of lipipuspa, Premature at 28 weeks weighing 1080 & 1180 gm



Twin babies of lipipuspa, who were born extremely premature at 28 wks with birth weight of 1080gm and 1180 gm at Paramitha Hospital, Hyderabad. Their Father's name is Ashesh, who works as operator at Jenex battery company. While their mother, Pushpa is a house wife and this family belongs to Orissa. It was a very precious pregnancy for parents after many

years of married life but could not afford treatment for preterm care. Extra miles helped them to bear with the cost of treatment. Both the babies are doing well and discharged home at 1.5kg. Thanks to the whole team for supporting these babies.

*“Every donation matters.
Together let's make few children's
future bright and happy”.*



Case Stories

Preemie with persistent hypoglycemia

This baby was born at 36wks and birth weight of 1.6kg, came to us around 13 days from warangal , with persistent hypoglycemia (low sugar levels), was on CPAP (small ventilator) and was completely encephalopathic (poor activity and delayed brain responses). The cause of hypoglycaemia was not known. Finally we could find the reason was severe infection in blood (blood culture positive sepsis)



Once treated well with antibiotics, this baby developed feed intolerance which increased his stay at hospital because we had to start IV nutrition. He is now with normal sugar levels and improved sepsis.

Preemie of Farheen, NICU Care for 29+3 wks



Baby of Farheen is Preterm with 29+3 wks. Extra Mile helped them with financial aid which gave them 1 week of NICU care.

Baby of Sneha reddy, Critically ill & still needs NICU care.



Baby of Sneha Reddy is critically ill and still needs nicu care. Parents are not able to cope up with finances. Extramile helped them with a few days of intensive care treatment.

Premature baby of Ayesha , Two months of hospital stay

Baby of Ayesha was extremely premature at 28wks and birth weight being 900gm got discharged home. After two months of hospital stay and weight increasing to 1.5kg, we helped them by going an extra mile towards the end when they completely exhausted their finances.



Founder`s Note

Way beyond 8 years, in 2014, when my mentor Dr. Dinesh Chirla requested me if I can go for weekly once to a clinic which helps orphanages with regular health checks, as a part of initiative run by Heal a Child Foundation. I never knew this would change my life.



Dr. Nitasha Bagga

Consultant Pediatrician and Neonatologist
Rainbow Children's Hospital, Hyderabad.

I started getting attached to many such foundations and this gave me immense pleasure. It continued for many years and with a group of friends I helped many children where ever, whatever and whenever we got a chance

Then, in 2018, a baby from Nagpur got admitted in NICU. There was a cyst in his belly and also a hole in his stomach. They couldn't bear the financial strain. All our team at Rainbow Children's Hospital, took a combined decision to save the baby and I took initiative to arrange finances.

With each passing day, many such underprivileged newborns came to my unit who needed intensive care treatment but couldn't afford financially or do not have proper awareness. All these thoughts took 3 long years to accomplish "ExtraMile". I approached few friends, who believed in me and agreed to be on board with me and some became members and that's how we all registered our trust on 1st October,2021.

*"I thank my mentors, friends, members of **Extramile** and my family for their support in this journey."*


Thankyou Note

We at Extra Mile, deeply appreciate each and **every donor** who has contributed to the cause. It would not have been possible without your contribution. We thank all the **hospitals**, which have given us platform to work with them with bare minimal professional charges.

Last but not the least we are thankful to all our **patients** who believed in us and approached us in their difficult times.



-Team **EXTRAMILE**



DID YOU KNOW?

INTERESTING FACT



The famous mathematician and scientist, the man who led the world to a scientific revolution, Sir Isaac Newton, was born 3 months premature on Christmas Day in 1642. His mother has reportedly told that he could fit into a quart mug (which is approx. 1 litre in size). Who would believe that this tiny premature baby would go on on to discover the three laws of motion, laws of gravity, early calculus, early modern chemistry, amongst many more discoveries and inventions.

1. A newborn baby should be breastfed when
 - a. The mother is pain free
 - b. Baby is at least 1 day old
 - c. Within 1 hour of birth
 - d. When lots of milk starts coming
2. Breastfed children are less likely to have:
 - a. Diarrhea
 - b. Ear infections
 - c. Pneumonia
 - d. All of the above
3. How does breastfeeding help the mother?
 - a. Breastfeeding helps mother get back to normal weight
 - b. Breastfeeding reduces risk for ovarian cancer
 - c. Breastfeeding increases bone strength
 - d. A and B



Our Board Members

Dr A G K Gokhale
Cardiothoracic Surgeon
Apollo Hospitals, Hyderabad

C Rama Devi
Director (academics)
Bharatiya Vidya Bhavan's, Hyderabad

Atul Kumar Agarwal
Advocate

Ambica Bahri
Customer Success Manager
Teradata India Pvt. Ltd

Priya Kumar
Chief Head Designer
Neerus Group

Anand Kumar Agarwal
Financial Advisor
Proprietor at Anand Kumar Agarwal & Co

Leena Priyambada
Consultant Pediatric Endocrinologist



Disha Agarwal
Digital Marketing
Partner, Hence Social

To join the Extramile Mission

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,
Hyderabad, Telangana 500084.

Contact us:

info@theextramilefoundation.org
+91 9066853853

 /theextramilefoundationorg

www.theextramilefoundation.org

**Our Digital &
Branding Partner**

HenceSocial
DIGITAL MARKETING

Our Printing Partner

NEERU'S
Indian Ethnic