

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

# extramile

Every child deserves it



Vol.1 No.4

December 2021 - December 2022



## Highlights

**1** Crore  
Amount Raised

**70+**  
Babies Helped

**20+**  
Volunteers

**350+**  
Donors



Every Premmie  
Saved.!!!

## Founder's Note

*Here comes The Day! Extra Mile completes ONE YEAR. At the outset we thank from the bottom of our hearts to each and every individual attached with Extra Mile. This has been an year of extreme satisfaction and constant learning. While starting my carrier as a Neonatologist, I could appreciate that India has progressed hugely in last decade in the field of neonatology (saving very premature babies and sick newborns) in terms of availability of treatment at par excellence with developed countries. But we lacked affordability and accessibility of the available resources for the vulnerable population.*

*With this single thought, we the Team of Extra Mile started this journey, to provide equitable medical care to underprivileged premature babies and sick newborns so that we can prevent needless loss of life just because of lack of resources. When we look back, in one year, more than 70 such babies have been helped coming out of critical illness. The smiling faces of those desperate parents, who could barely cope is our 'Biggest Reward'. Getting attached with SNCU's (Small Newborn Care Unit) of Nalgonda and Warangal districts, gave us the opportunity to touch the lives of more than 10000 such newborns who needed this support in many aspects of care & treatment. Participating in training of nurses in this field was most fulfilling.*

*With each passing day, many doctors, IT professionals, entrepreneurs & corporates got attached with us to make this journey more meaningful. Many of them helped us with money, while others gave their precious time and ideas to move forward. We are indebttable to their support.*

*The journey became most gratifying with our annual event 'Premiethon', where we could bring more than 2000 people to Run for The Cause, and spread awareness that these premature babies can be saved. We wish in coming years, Extra Mile can create a model and a platform to make the health care available to the disadvantaged families unbiased. We will also work on our mission to train professionals in care of premature babies and raise public awareness for the same.*

*We thank the team of Neonatologists and Hospitals attached with Extra Mile- Rainbow Children's Hospital, Rainbow children's Heart Institute, Durgabai Deshmukh Hospital, Durreshwar, Paramitha Chidren's Hospital, Soumya Children's Hospital and Butterfly Hospital, for believing us and giving their best support and equitable care to this underprivileged part of the society.*

*I thank God for giving me such a meaningful life of not only being a Pediatrician and Neonatologist but also to run an organization which will fill the unabridged gap between the privileged and under privileged parts of the society and provide 'Equitable care' to all the newborns. I couldn't have done what I did without the constant support and systematic effort by my Team of Board of Directors and Members at Extra Mile.*



**Best Wishes  
Dr. Nitasha Bagga**

## Way Forward

- 1) Government tieups across SNCU's for Universal Thyroid Screening**
- 2) More SNCUs tie-ups**
- 3) Extending our support for Cardiac Surgeries**
- 4) Advances Neonatal & Neonatal nursing training programme for SNCUs**
- 5) Follow up programmer with Extramile Babies and Parents**
- 6) Starting discharge counselling sessions.**
- 7) Extending help to orphanages with newborns for initial care**

## Board Member's Note

### **LEENA PRIYAMBADA**

Consultant Pediatric Endocrinologist  
Rainbow Children's Hospital

As we reflect on the year gone by, it is heartening to see that Extramile has gone the Extra Mile to help so many needy babies. The passion and dedication and the many many extra miles by our Board Members has truly been an inspiration. As we celebrate the successful 1st year, may God continue showering Extramile with its choicest blessings.

### **DISHA GOEL**

Digital Marketing  
Founder & Partner, Hence Social

It's been an year,  
An year of sharing smiles. An year of contributing to improvement of newborn survival. This is just the beginning, a stepping stone. As we are completing an year and starting a new one, let us all pledge to support Extra Mile and see many more smiles in the future.

### **ANAND AGARWAL**

Financial Advisor  
Proprietor at Anand Kumar Agarwal & Co

Extra Mile, a trust standing on strong pillars of its incredible Trustees have been performing far well than many other new Trusts. Helping the needy parents of premature babies, guiding the youth and Instilling knowlegde in them about the need and importance of this very cause, training the nurses and staff for better treatment o the newborns by donating monies, conducting various training sessions marathon and personal visits to various SNCU's have been the striking object of this trust which is being fulfilled steadily and smartly. The work by this Trust inspire us that "One should have Selfless Attitude & Moral Courage to stand for Humanity. I would like to congratulate the founder and also all other trustees for successfully completing the first year of the trust.

## Board Member's Note

### **ATUL KUMAR AGARWAL**

Advocate Legal Advisor to St. Francis College  
For Women, Hyderabad

The greatest journeys in our lives start off with small steps, and the journey of extramile began a year ago. For a year extramile has come a long way. We have touched every objective we had set out for with the primary focus being on saving premature and sick newborns. We have been able to provide equitable timely care to premature newborns by helping those in need, spreading awareness through our events and webinars and training of health care workers across a few SNCUs. With the help and support from our people, we hope that the organization spread its wings across pan india.

### **DR A G K GOKHALE**

Cardiothoracic Surgeon  
Apollo Hospitals, Hyderabad

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. In a country like ours, where tertiary health care is provided mainly by private hospitals and expenditure is out of pocket, many cannot afford lose their lives or their loved one's. Fortunately there are some who realize this and try to give helping hands and 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. 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 hands to the "Extra Mile Foundation" to enable it to serve more.

### **C.RAMA DEVI**

Director (academics)  
Bharatiya Vidya Bhavan's, Hyderabad

21st Century is rich in most of the fields – Business, Technology, industry, medical, transport, construction etc. Of course it is pretty poor in having good hearted people, noble people who can give their service, time and money for others. Such noble hearted people and organizations are needed to spread the fragrance of humanity. I appreciate the Founder who has started this outstanding organization 'EXTRA MILE' to take care of premature babies. It is extending its hands to help the people who can not afford to pay medical charges in case of having premature babies. I admire the iron will and strong determination of its founder. Nothing stops her from extending her services for this noble cause. The organization is moving ahead whether it has sufficient funds or not. I wish all the best to this noble organization for its selfless service for the welfare of society. I extend my profound greetings to it

## Board Member's Note

### **AMBICA BAHRI**

Customer Success Manager Teradata  
India Pvt. Ltd

1 year... 12 months... 52 weeks... 365 days... 8760 hours... 525600 minutes...  
31557600 seconds...

All of the above leading to this date...

Where we have helped many change their fate...

Desperate parents who could barely cope...

We lent a hand, we gave them hope...

May this dream of ours be bigger than me and you...

And may it continue to help realize the dreams of others too

### **PULIN AGARWAL**

Chartered Account, LLB  
Proprietor, Pulin Agarwal & Associates

This moment has given us a chance to reflect on our growth, where we are today, and our aspirations for the future as an organization. This first year has been fantastic for the organization, from spreading awareness to training health care versions and from raising donations and partnerships with various hospitals and organizations to help the premature and sick newborns. Success is never final. However good you are, you can always improve. We will push ourselves harder for a better second year.

### ***Welcoming Ramam Atmakuri as Board of Director.***



Ramam Atmakuri Executive Vice Chair  
Emeritus at L V Prasad Eye Institute (LVPEI),  
and Board of Directors at Project Management  
Institute Educational Foundation (PMIEF)

## Our Share of Smiles

### Late preterm baby who needed critical intensive care

Baby of Anusha Ankar is a 58 day old late preterm (36weeks) baby boy of birth weight 2.25kg. Baby was in Rainbow Children's Hospital for 8weeks and needed critical intensive care. Parents were completely exhausted with all the resources. Extra Mile helped them with financial support in hospital and post discharge for special feeds on before which baby needs to thrive.



### Baby with hypertrophic pyloric stenosis

This baby was brought to emergency room of Rainbow children's hospital with in shock due to persistent vomitings and probable sepsis and needed urgent surgery (was diagnosed with hypertrophic pyloric stenosis). Father is a lorry driver he got salary 10000/- per month. Extra Mile supported family for the surgical intervention.



### Baby with persistent hypoglycemia

Baby of Afreen Begum is 36 weeks 1.6kgs, admitted in Butterfly Hospital at around 13 days of life. This baby came from warangal with persistent HYPOGLYCAEMIA (low sugar levels), and was on CPAP (small ventilator). Baby was completely encephalopathic (poor activity and delayed brain responses) and had severe infection in blood. Father is a GYM trainer he got a salary 15000/- and was not able to afford hospital care. Extra Mile helped them financially during the course of treatment and he is now with normal sugar levels and improved sepsis, feeding by himself.



### Baby who needed cardiac surgery

This baby needed an urgent cardiac surgery for a life threatening disease (severe coarctation of aorta) at Rainbow Cardiac Institute. Father is an Agriculturist at Warangal with income 4167/-month. Extra Mile supported them with cost of surgery when he was exhausted with all his savings and borrowed money from relatives and friends and now unable to afford further treatment.



## Our Share of Smiles

### Twins with critical illness



Twins babies of Taslima were admitted with prematurity and critical illness at Durgabai Deshmukh Hospital. Father is an employee in small firm and could not afford the cost of care for two babies. Extra mile supported parents for one of the twins.

### Baby with respiratory distress



Baby was born at (36-37 weeks )with low birth weight (2.1).Baby was born with respiratory distress, and was very sick needing high neonatal care at Paramitha Hospital. Father is an computer operator salary 15000/-per month. This baby needed hospital stay for another 2 weeks after initial treatment, where Extra Mile supported the family.

### Twin babies who needed prolonged NICU stay



Twin babies of Venkata Laxmi were born premature at (29+2weeks) with very low birth weight of 1.1kg. They Need prolonged hospital stay, and father being agriculturist was not able to afford care for twin babies. Extra Mile foundation helped the babies to go home.

### Baby admitted for critical cardiac surgery



Baby of Hanshith was admitted at Rainbow heart institute for critical cardiac surgery. Father is security personal. Extra Mile foundation helped him to undergo the critical surgery. TAPVC REPAIR

## Our Share of Smiles

### Baby with persistent oxygen dependency

Baby of Roja was admitted for preterm, respiratory distress and required surfactant. Baby also had large pda and severe pphn. Baby was kept on mechanical ventilation. Baby had persistent oxygen dependency and was on nasal prongs o2.



### Baby who needed prolonged NICU stay

Baby of Pooja twin II a preterm( 26+5weeks)  
Baby girl weight 1.013kgs delivered by emergency (LSCS)  
In view of extreme prematurity with very low birth weight, baby needed prolonged NICU stay and father is a driver by occupation. Extra Mile foundation helped them to reach an extra mile when their all resources were exhausted.



### Twin babies cured from high Jaundice

Thanks to Rainbow Hospitals

I have twin babies born in Mahaboobnagar Hospital.

The babies got had high Jaundice soreffered to Rainbow hospital. Special thanks to Dr. Vijayanand sir,

Dr. Sravya, Dr. Nilesh they have treated our babies and given lot of care. We are really very happy that our babies got complete recovery. Thanks to

Dr. Venkataramana sir SVS Medical college because

of him we came to Rainbow. Staff helped us a lot. Mrs Kavitha and Laxman sir helped us with extra support. Thanks to Dr Natasha Bagga madam for supportingus financially by funding for our treatment. Thank you Mrs Priyanka for guiding my wife NICU.



### Baby admitted for preterm care and other complexities.

Baby of Aruna was admitted for pretem care and abscess to the left lower limb and drainage was done.





## Our Share of Smiles

### Baby with critical illness



Baby of Manne Sangeeta was admitted with critical illness of severe HIE, seizures, severe sepsis and meningitis. Father is a farmer by occupation and needed support from Extra Mile foundation for continuation of critical illness treatment at Rainbow Children's Hospital.

### Baby of Krishnamma from Mahabubnagar District



Father is a farmer with income of 10,000/per month. He exhausted all his savings and borrowed money from relatives and friends and now unable to afford further treatment. Considering their financial background, extramile foundation has supported the treatment for this baby, with a potential for a favorable outcome.

## SNCUs Note

### Extra mile

I am Dr. Damera Yadaiah SNCU, Nodal Officer Nalgonda. We, SNCU Nalgonda have been associated with Extra mile since last 12 months in improving the Newborn survival. Extra mile is supporting our unit in Breastfeeding practice.. mainly in feeding the sick babies with Expressed Breastmilk. We have been provided with adequate number of Breast Pumps to use in sncu , Kangaroo mother care unit and Postnatal ward. We are able to procure more amount of EBM when compared to manual expression. Our mothers, babies and staff are satisfied with new initiative because less number of complaints from mother such as Not Enough milk. Other important initiative undertaken by Extramile is Low Flow meters...to give more appropriate titrated Oxygen therapy to Preterm, and Babies with Perinatal asphyxia. We also found these Low Flowmeters in babies with Bronchopulmonary dysplasia. We are able to use Oxygen judiciously and reduce Oxygen consumption in the unit. We are planning to assess ROP in preterm and LBW weight babies since usage of Low Flowmeters. We...from SNCU Nalgonda sincerely express our gratitude to the Extramile for all the support. Looking forward to have a long association with you all.

Thank you all those who are involved in this Organisation helping the underprivileged sick Newborns. Wish you all the very best and long live Extra mile.

Warm regards.

Dr. Damera Yadaiah.



# Our SNCUs

Warangal SNCUs visit



Kangaroo Mother Ward



Nalgonda SNCU visit



Nalgonda SNCU visit



*We staff of Nalgonda sncu profusely thank you extramile! for all the support you are extending.*

Neonatal Nurse CME



Oxygen Low Flow Meters



*To accelerate the reduction of neonatal mortality, ExtraMile will be associated and support the much needed population of newborns and premature babies.*

*Extramile foundation has supplied oxygen low flow meters to its SNCUs at Nalgonda, Warangal, Durgabai Deshmukh and Durreshwar hospitals.*

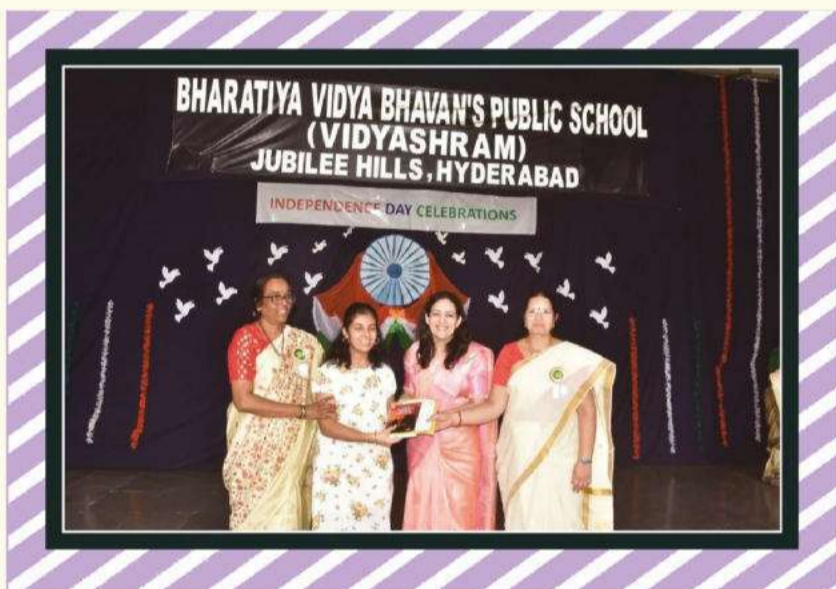
# Awareness



## Inner Wheel Club

*We are pleased to associate with Inner Wheel Club of Banjara, Looking forward to having many more such collaborations. We are thankful to this wonderful group of women for contributing breast pumps and bottle sterilizers for new born 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.*

## Healthy Children - Web Talk

*The Extramile Foundation in partnership with Sain Group of Companies has launched a Facebook Live series called Healthy Children Web Talk*

**CHILDREN HEALTH & SUMMER**

**VIKRAM DUGGAL**  
Author, Trainer & Coach

**DR NITASHA BAGGA**  
Consultant pediatrician and Neonatologist

Thursday 7th April  
4 PM LIVE ON

@sainmedicaments  
@extramilefoundationorg  
#HarKadamAapKeSaath

**"HEALTHY CHILDREN WEB TALK"**

**Healthy Mother = Healthy Children**

**VIKRAM DUGGAL**  
Author, Trainer & Coach

**DR NITASHA BAGGA**  
Consultant pediatrician and Neonatologist

Sunday 8th May  
11:30 am  
live on

@sainmedicaments  
@extramilefoundationorg

# PREMIETHON™ THE HOPE RUN 2022

For the innocent newborns



*On the occasion of "World Prematurity Day", The Extra Mile Foundation has come up with their annual event "Premiethon : A hope run"*

*The first edition of Premiethon was conducted on 13th November 2022 at the iconic cable bridge near durgam cheruvu lake*

*Over 2000 runners have turned up to join us in our mission to save premature babies.*

# Premiethon In the News

## Sakshi



### హైద్రాబద్.. జట్టి కమ్

ఉత్సాహం ఉరకరిస్తోంది. ఉల్లాసం ఎదురులా తీరం. ఆదివారం మాదాపూర్ లోని కేబుల్ బ్రిడ్జి వద్ద ఎక్స్ట్రా మైల్ ఫౌండేషన్ ప్రీమిథాన్ ప్రారంభం. మున్సిపల్ స్టాండ్ లోపల పెద్ద జంట్ల అలంకారం. పి.సి.ఐ.ఎం గాంధీ స్టేడియం వద్ద గేట్ వద్ద ఎక్స్ట్రా మైల్ ఫౌండేషన్ ఫౌండర్ చిలాకా బిర్లా ప్రారంభించారు. మాదాపూర్ లో పగడాలికి మించిన రన్స్ కు ఘోషం వేస్తూ పాల్గొన్నారు.

Date: 14/11/2022, Edition: Hyderabad (Hyderabad), Page: 7  
Source: <https://epaper.sakshi.com/>

## Hindi Milap

# हिन्दी मिलाप

## प्री मेच्योर शिशुओं की मदद के लिए प्रीमिथॉन आयोजित

हैदराबाद, 13 नवंबर- (मिलाप न्यूज़) समय से पूर्व जन्म लेने वाले और शीघ्र नवजात शिशुओं की मदद करने के उद्देश्य से एक्सट्रा माइल फाउंडेशन द्वारा आयोजित प्रीमिथॉन का आयोजन माधुपुर स्थित केबल ब्रिज के पास किया गया। आज यहाँ जारी गैस विज्ञान के अनुसार, प्रीमिथॉन का लक्ष्य उन सभी प्रीमेच्योर बच्चों के लिए जागरूकता बढ़ाना और समर्थन जुटाना है, जो जीवित रहने के लिए दूसरा अवसर पाने के लायक हैं। 3के और 5के गैरकान में लगभग 2100 लोगों ने हिस्सा लिया। इस आयोजन का उद्देश्य उन वंचित परिवारों को मदद करना है, जो चिकित्सा उपचार का खर्च नहीं उठा सकते हैं। आईटीसी कोफ़िनूर गैस से केबल ब्रिज तक आयोजित गैरकान को नागरिक प्रशासन एवं शहरी विकास के विशेष मुख्य सचिव अरविंद कुमार, तेलंगाना एवं आंध्र प्रदेश में ब्रिटिश उप उच्चायुक्त गैरेथ ओवेन ने



माधुपुर में आयोजित प्रीमिथॉन में उपस्थित नागरिक प्रशासन एवं शहरी विकास के विशेष मुख्य सचिव अरविंद कुमार, तेलंगाना एवं आंध्र प्रदेश में ब्रिटिश उप उच्चायुक्त गैरेथ ओवेन, नीरुजा के प्रबंध निदेशक अवनीश, एक्सट्रा मील फाउंडेशन संस्थापक डॉ. नितारा बागा, रेनबो हॉस्पिटल के डॉ. दिनेश कुमार बिराला, आईएपी-तेलंगाना के डॉ. श्रीकृष्णा, एनएनएफ तेलंगाना के अध्यक्ष डॉ. बसवराज एवं अन्य।

नीरुजा के प्रबंध निदेशक अवनीश, एक्सट्रा मील फाउंडेशन संस्थापक डॉ. नितारा बागा, रेनबो हॉस्पिटल के डॉ. दिनेश कुमार बिराला, आईएपी-तेलंगाना के डॉ. श्रीकृष्णा, एनएनएफ तेलंगाना के अध्यक्ष डॉ. बसवराज एवं अन्य को उपस्थिति में हरी झंडी दिखाकर रवाना किया। एक्सट्रा माइल फाउंडेशन की संस्थापक डॉ. नितारा बागा ने बताया कि प्रतिक्रिया और जबरदस्त प्रतिक्रिया देखकर खुशी हुई, इससे हमें समय से पहले बच्चे को देखभाल की जरूरत के बारे में संदेश फैलाने में मदद मिलेगी। उन्होंने कहा, एक्सट्रा माइल की नेक पहल में जोड़ने के लिए आज के प्रीमिथॉन से प्राप्त आय समय से पहले बच्चे को देखभाल के लिए गुणवत्ता और समय पर उपचार सुनिश्चित करने पर ध्यान दिया जाएगा।

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Nov 14, 2022 Page No. 3  
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## Andhra Jyothi

# చిన్నోరు కౌసం..

మాదాపూర్, నవంబర్ 13 (ఆంధ్రజ్యోతి): ప్రీమెచ్యూర్ బేబీస్ కు సహాయంగా ఎక్స్ట్రా మైల్ ఫౌండేషన్ ఆధ్వర్యంలో ఆదివారం మాదాపూర్ లోని కేబుల్ బ్రిడ్జి సమీపంలో ప్రీమిథాన్



రన్ లో పాల్గొన్న ఔత్సాహికులు

రన్ ను నిర్వహించారు. తెలంగాణ రాష్ట్ర ప్రభుత్వ ప్రత్యేక అధికారి (ఎంఎంఅండ్ యూడి) అర్పింద్ కుమార్, బ్రిటిష్ హై కమిషనర్ గారెత్ వన్ ఓపెన్ తో కలిసి ఈ రన్ ను ప్రారంభించారు.

## Eenadu

### Hyderabad : ఉత్సాహంగా ప్రీమిథాన్-2022

నెలలు నిండక ముందే జన్మించిన శిశువుల వైద్య సహాయం కోసం నిడుల సేకరణ నిమిత్తం ఎక్స్ట్రా మైల్ ఫౌండేషన్ ప్రీమిథాన్-2022 నిర్వహించింది. మాదాపూర్ దుర్గం చెరువు కేబుల్ బ్రిడ్జి నుంచి ఆరంభమైన 3కె, 5కె రన్ లో యువతీ యువకులు ఉత్సాహంగా పాల్గొన్నారు.

Updated : 13 Nov 2022 11:27 IST



బెండా ఊపి పరుగును ప్రారంభిస్తున్న తెలంగాణ రాష్ట్ర పురపాలకశాఖ ముఖ్య కార్యదర్శి అర్పింద్ కుమార్, బ్రిటిష్ దిప్యూటీ హై కమిషనర్ గారెత్ వన్ ఓపెన్

## Wake up Telangana



Wake Up Telangana - 14 Nov 2022 - Page 2



A large number of people participated in the 3K and 5K Run Marathon to save premature babies on the cable bridge in the hi-tech city of Hyderabad. Special Chief Secretary Arvind Kumar, IAS, British Deputy High Commissioner for Telangana and AP Gareth van Owen, Flags Off the marathon, several doctors, and many famous people were present

## News Today

### వందలాదిగా వచ్చి.. సాయానికి దోడు తీసి



నెలలు నిండకుండానే జన్మించిన శిశువుల వైద్య సాయానికి అవసరమైన నిధుల సమీకరణకు ఎక్స్ట్రా మైల్ ఫౌండేషన్ ఆధ్వర్యంలో ఆదివారం ప్రీమిథాన్-2022 పేరిట పరుగు నిర్వహించారు. పురపాలకశాఖ ప్రత్యేక ప్రధాన కార్యదర్శి అర్పింద్ కుమార్, బ్రిటిష్ దిప్యూటీ హై కమిషనర్ గారెత్ వన్ ఓపెన్ బెండా ఊపి పరుగు ఆరంభించారు. దుర్గంచెరువు కేబుల్ బ్రిడ్జి నుంచి మొదలైన 3కె, 5కె పరుగులో యువత ఉత్సాహంగా పాల్గొనుచున్నారు. -న్యూస్ టుడే, మాదాపూర్



# Media Track - In the News

*Conversations Today is an elite publication that focuses exclusively on social issues and features social entrepreneurs, so kal workers and NGOs globallu. it is an excellent platform for the promotion of several existing social enterpresess and Corporate Social Responsibility initiatives.*

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



## Launching Smiles by ExtraMile



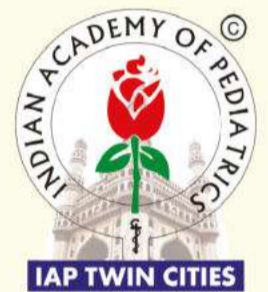
Bollywood actress Karishma Kapoor & Jayesh Ranjan, Principal Secretary, IT, Telangana, launched the 'Extra Mile' foundation in the city. Founded with an intention to save 'premature and sick newborns', who can survive with good intensive care treatment (NICU), but parents cannot bear the cost.

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

# Our Supporters

*Impactful Supporters - Doing small things with great love!*



# Our Share of Smiles



Premature baby with low birth weight and infection



Sick newborn with thrombolysis



Premmie with respiratory distress



B/ O Venkatlakshmi twins



Baby of Fatima with low birth weight



Baby with low blood sugars and infection



Twin babies, preterm 28weeks





# Our Share of Smiles



Premature baby admitted for a month in the hospital



Baby helped for Renal Surgery



Baby of 32 weeks and having birth weight of 1.2kgs



Baby who had a long stay at NICU



First set of Extramile twins from Vizag.



Preterm with tracheo oesophageal fistula, critical surgery



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



New born baby with severe infection.



Late Preterm baby who needed ventilator support



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

# Our Share of Smiles



Late preterm baby who needed critical intensive care



Baby who needed cardiac surgery



Twins with critical illness



Baby of Krishnamma from Mahabubnagar District



Baby who needed prolonged NICU stay



Baby with critical illness



Twin babies who needed prolonged NICU stay

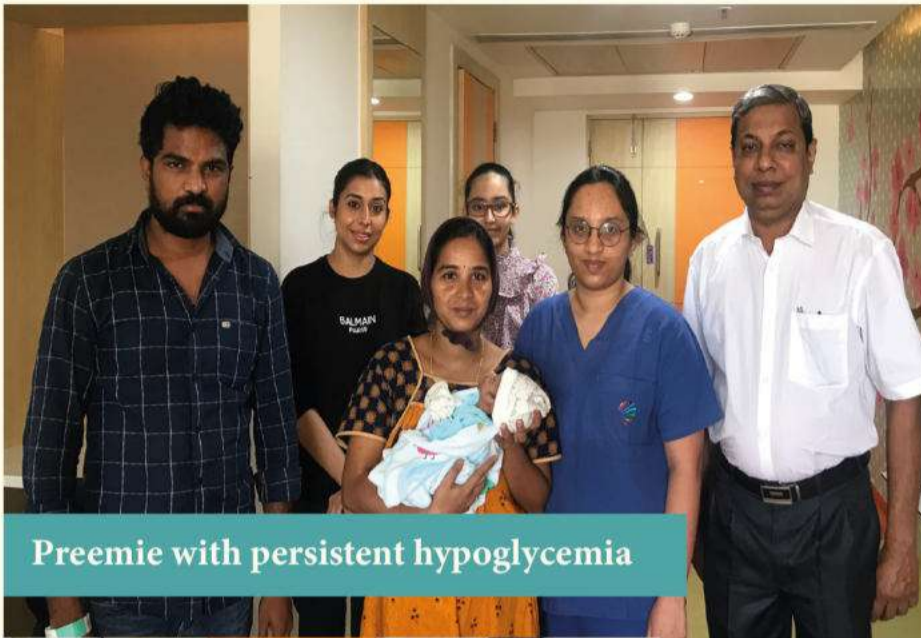


Baby with respiratory distress



Baby admitted for critical cardiac surgery

# Our Share of Smiles



Preemie with persistent hypoglycemia



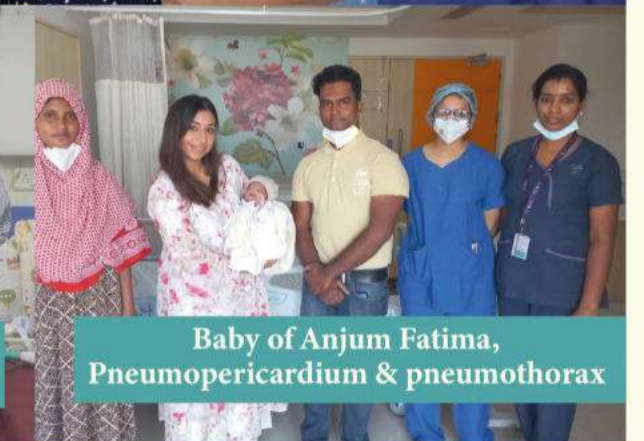
Premature baby of Ayesha , Two months of hospital stay



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



Baby of Jhansi, Ventriculoperitoneal Shunt, A Brain surgery



Baby of Anjum Fatima, Pneumopericardium & pneumothorax



Baby of Tabassum, surgical intervention through Extramile



Baby Ritvik, Our First Surgical Patient



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



Premie of Farheen, NICU Care for 29+3 wks

## Donors

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

*Abhishek Mirul (CASA)*  
*Abhishek V - UPI*  
*Ahuja Family*  
*Ambica Bahri*  
*Amrish Shah (Creamstone)*  
*Anand Mehta & Family*  
*Anu Sircar (CASA)*  
*Archana Reddy*  
*Asim*  
*Atmakuri Venkata Ramana*  
*Avish Kumar / Neeru Kumar*  
*Bandi Varshini*  
*Bharatiya Vidya Bhavan*  
*Bhawana Kapoor*  
*Bhupesh Bagga*  
*Brahmani Priyadarshini*  
*Bring a Smile Foundation*  
*Dinesh Kumar Padma Rao Chirla*  
*Durga (CASA)*  
*Gopala Krishna Gokhale Alla*  
*Guhan Enterprises*  
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*Hardik P*  
*Harish Jayaram*  
*Haritha (CASA)*  
*Jitender Bahri*  
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*Joovetha Joseph*  
*Dr. K. Bhargavi Reddy*  
*K. Seshikala Paruchuri*  
*K. Uma*

*Kamini (CASA)*  
*Kanday Sridevi*  
*Ketan Agarwal*  
*Kevin Kumar*  
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*Dr. Mudit Tyagi*  
*Dr. Mythri Reddy Mallemala*  
*M K Traders*  
*M Laxman Kumar*  
*Madhunapanthula Foundation*  
*Madhuri. Petals*  
*Malik Motors P.L*  
*Malla Sai Harsha*  
*Mangila Rampal Gandoria Charitable Trust*  
*Meenakshi & Naveen Jain (CASA)*  
*Mithali Shah*  
*Mohd. Mateen Saroosh Mateen*  
*Dr. Nitin*  
*Nakmuth Prabhu Rao*  
*Naresh Kavala*  
*Natco Pharma Limited*  
*Nayan Agarwal & Family*  
*Neerus Ensembles Pvt. Ltd. (Avnish)*  
*Neetha Mathur*  
*Nidhi Goel*  
*Niraj Goel*  
*Nirmala Reddy (CASA)*  
*Paramount Facilities (Ms. Shobha)*

## Donors

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

*Pinakin Education Society  
 Dr. Prasanna Lakshmi  
 Pranathi Subramanyam Madirala  
 Praneeta  
 Prathima (CASA)  
 Pulin Agarwal  
 Dr. Ramya  
 Radha Keerthi Palacho  
 Radha Smelters P.L.  
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 Dr. Shaikh Farhan Abdhur Rashid  
 Sahitya (CASA)  
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 Sandeep Ahuja & Satish Ahuja  
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 Suman Kumar Raju Rudraraju*

*Sunny Anand & Family  
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 Varun Jasuja  
 Veena Karnani  
 Velan Enterprises  
 Veroed Edutech  
 Vishal Janardhan Kol  
 Yerra Anupama  
 Zoher Shahnaz (CASA)*

### Our MOUs

*We thank these hospitals who helped these babies not only with the treatment at per excellence but also financially by getting attached to **extramile** Foundation.*

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

## Shaping The Future

*Building a community through giving*



*On a mission to save every newborn baby, ExtraMile Foundation conducted a volunteership drive in September at Fat Pigeon, Jubilee Hills*

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

### Fund Raiser



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

### Neonatal Nurses CME

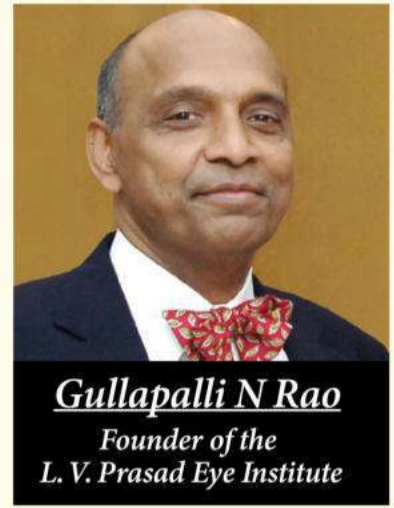


*“We supported 10 nurses from Nalgonda SNCU & Durgabai Deshmukh Hospital through Extramile to attend this workshop. All of them were very happy and thankful!”*

## Mentor's Note

### **Extra Mile Foundation**

Health care is most fundamental for the development and prosperity of any country. While almost all the countries are faced with the challenges of providing good quality health care to their people, this problem is much greater in low income countries. Availability, affordability and accessibility continue to be major challenges. Hardly any government among the developing countries provides adequate financial resources to health care. The two vulnerable age groups children and the elderly are most affected.



**Gullapalli N Rao**  
Founder of the  
L. V. Prasad Eye Institute

India has the largest number births in the world ( about 25 million annually ) and among these, the rate of premature births is very high ( around 3.5 million ). These babies are vulnerable to multiple health problems which demand the highest levels of quality of medical care. In our country regrettably , such care is not available to the vast majority of these babies. Inadequate number of facilities , trained Human resources , exorbitant cost and limited access are the major factors.

The **EXTRA MILE FOUNDATION** , an initiative of a neonatologist , Dr. Nitasha Bagga, is working to create a model to make this care available to babies of disadvantaged families. Her mission to provide care , train professionals in the care of premature babies and raising public awareness through advocacy with fellow professionals and philanthropists is laudatory. Her early record provides glimpses of promise such programmes hold . If this pilot project succeeds , it should be replicated and scaled up both by this foundation and others across the country.

Support from philanthropists, foundations and institutions will go a long way to make this a reality. Larger scale up will then be the responsibility of the government. These should succeed as this means saving lives of these babies and avoid lifelong disabilities.

I wish the Extra Mile Foundation the very best in this endeavor.

### Thank you for your dedicated support

Uma Ramanan is a Chartered Accountant by profession and 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 has been assisting us with maintaining the accounts and working closely with the Auditors to ensure Statutory compliances for Extra Mile. We thank her from the bottom of her heart for her dedicated support.



## 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

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