

# The Extra Mile Foundation Updates



May 2025

From **NICU** to **strength**,  
Collaboration that  
changes **lives!**



## Welcome to the Extra Mile Foundation Newsletter!

At Extra Mile Foundation, our mission is to provide essential care and support to premature babies, ensuring they receive the best possible start in life. We work alongside healthcare providers, communities, schools, and other partners to raise awareness about prematurity, offering vital resources and support for newborns and their families. In this edition, we share inspiring stories of survival, the journeys of families, and the importance of timely neonatal care.



**A LIFE SAVED,  
A FAMILY GRATEFUL.**

Anjali's one-month-old baby girl was diagnosed with D-TGA/IVS, a serious heart condition that required an arterial switch operation (ASO) at Amrita Hospital, Kochi. The surgery cost of ₹4 lakhs was far beyond the family's means, placing them under immense financial strain.

Referred by Amrita Hospital, the case reached The Extra Mile Foundation, which extended crucial financial support. With this help, the baby received the life-saving treatment she needed. The grateful parents shared, "We're thankful to Amrita Hospital and The Extra Mile Foundation for their kindness and compassion." Their support gave the child a new beginning—and a family renewed hope.

**"The smallest act of kindness is worth more than the grandest intention."**  
- Oscar Wilde

Kavitha's baby was born preterm, weighing 2.8 kg and requiring intensive NICU care for two weeks. Her husband, working as a housekeeper with a monthly income of ₹15,000, had already depleted his savings and borrowed from relatives to manage the ₹4 lakh treatment cost.



**SUPPORT THAT WENT THE  
EXTRA MILE**

Referred by Sowmya Children's Hospital, the case reached The Extra Mile Foundation. After assessing the situation, the foundation stepped in with ₹1 lakh in financial aid. The overwhelmed parents personally visited the team to express their deep gratitude for the timely and life-saving support.

**"No one has ever become poor by giving"**  
- Anne Frank



## BRIDGING THE GAP WITH COMPASSION

Two-month-old Kavya Firdos from Ranchi, Jharkhand, was admitted to Amrita Hospital, Kochi, with a congenital heart defect known as Ventricular Septal Defect (VSD). The condition required immediate surgery, estimated at ₹3.5 lakhs.

Her father, Suhel Ansari, an agricultural laborer earning ₹6,000 a month, was unable to afford the cost of treatment. Upon referral from the hospital, The Extra Mile Foundation stepped in and covered 33% of the total bill. Thanks to this timely support, the medical team successfully performed an Amplatzer Septal Occluder (ASO) surgery with VSD closure. The grateful parents extended their heartfelt thanks to the Foundation for making this life-saving intervention possible.

**"A kind gesture can reach a wound that only compassion can heal."**

**- Steve Maraboli**

Baby Roja was born prematurely, weighing only 700 grams, and was immediately admitted to the NICU at Ovum Women & Children Hospital on March 6th, 2025. With doctors recommending a two-month NICU stay, her condition was critical and demanded intensive care.



**A FRAGILE START, A STRONGER TOMORROW**

At the time, Roja's father, Rajshekhar, was unemployed, and the family was unable to bear the high medical expenses. In their time of need, The Extra Mile Foundation stepped in to provide financial assistance. This timely support significantly eased the burden on the family, allowing them to focus on Roja's recovery without the weight of mounting hospital bills. The parents expressed heartfelt gratitude to the Foundation for standing by them during such a challenging chapter of their lives.

**"True giving from the heart is an expression of love."**

— Cara Stein





**EVERY BREATH,  
A BLESSING.**

Born preterm at 1.735 grams in Hyderabad's Gandhi Hospital, Priya's baby fought for life. Transferred to Rainbow Children's Hospital on March 19, 2025, she needed two weeks in the NICU.

Her father, a contractor earning ₹18,000 monthly, exhausted savings and loans. Extra Mile Foundation's ₹1 lakh aid eased their burden, letting them focus on her recovery.

"Your kindness gave us hope," they said, as their tiny warrior grew stronger.

**"The value of a life is always measured by how much of it is given away."**

— Andy Stanley

Baby Saritha was admitted to the NICU at Sowmya Children's Hospital just one day after birth. Given her condition, doctors advised a two-month stay for specialized care and monitoring.



**SUPPORT WHEN IT MATTERS  
MOST**

Her father, K. Srinivas Reddy, a vegetable vendor, had already used up his savings and borrowed funds to manage initial expenses. The Extra Mile Foundation stepped in with financial assistance of ₹1 lakh, helping cover the cost of her treatment. Saritha was discharged on May 10th, and her family acknowledged the foundation's timely support.

**"It's not how much we give but how much love we put into giving."**  
— Mother Teresa



## TIMELY SUPPORT FOR SPECIALISED CARE

Baby Swetha was admitted to Sowmya Hospital's NICU on February 16th, after being born at 38 weeks with a low birth weight of 2800 grams. She was diagnosed with pneumonia, respiratory distress, and a tracheoesophageal fistula (TEF), which required corrective surgery.

Post-surgery, elevated CRP levels led to extended treatment with medications and antibiotics. The baby's father, Mr. Sri Sailam, a plumber with a monthly income of ₹9,000, faced difficulty managing the medical expenses associated with the prolonged NICU stay. The Extra Mile Foundation contributed ₹1 lakh to support the cost of care. Baby Swetha was discharged on March 24th, following a period of necessary medical intervention.

**"We make a living by what we get, but we make a life by what we give."**

— Winston Churchill



One-month-old Iniya Varshini from Tamil Nadu was diagnosed with a large CV VSD with subpulmonic extension and posterior deviation of the conal septum. After an echocardiogram at Amrita Hospital, doctors recommended heart surgery involving VSD closure along with aortic arch repair.



**SURGICAL CARE POSSIBLE  
MADE THROUGH SUPPORT**

The procedure was successfully carried out on March 26th, 2025, and the child has responded well to treatment. To help with the financial cost of the surgery, The Extra Mile Foundation extended support of ₹1,35,000 to the family. This assistance helped the parents manage the treatment expenses. Following the successful outcome, the parents conveyed their appreciation for the support received.

**"The heart that gives, gathers." — Tao Te Ching**



**SAVING A TINY LIFE,  
TOGETHER.**

Mohammad Rehna, a daily wage laborer from Erragadda, Hyderabad, admitted his baby—born prematurely at 33 weeks and weighing 2150 grams—to Sowmya Children's Hospital in Sanjeeva Reddy Nagar on April 11th, 2025.

The baby required NICU admission with ventilator support and IV fluids due to complications. The treatment was expected to last for two weeks, with costs exceeding ₹3,00,000. Given the financial constraints of the family, the hospital reached out to The Extra Mile Foundation. The Foundation contributed ₹75,000 towards the medical expenses, helping reduce the financial burden on the family during the treatment period.

**"There is no exercise better for the heart than reaching down and lifting people up." — John Holmes**

Born on April 6th, 2025, Mirza and Syeda's baby boy weighed 3.13 kilograms but didn't cry at birth, requiring urgent NICU care at Muslim Maternity Hospital. He faced severe complications, including seizures, kidney failure, and gangrene.



**SUPPORT WHEN IT MATTERS  
MOST**

Despite the critical condition, his parents remained hopeful and stood by him every step of the way. The Extra Mile Foundation stepped in with timely financial support, easing the family's burden. With this help and the dedicated care of the hospital team, the baby made a strong recovery. By day 30, he was off the ventilator, breastfeeding well, and thriving. His parents expressed heartfelt gratitude for the support they received during their most difficult time.

**"Giving is an expression of gratitude for life."**  
— Deepak Chopra

Every **heartbeat**, every **smile**, every **milestone**  
these babies reach is made possible  
because of you. Your support is not just a  
donation—it's a promise of hope, a second  
chance at life.

**Thank you for standing with us!**

<https://theextramilefoundation.org/>

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