The Extra Mile Foundation Updates

2025

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.

TINY BABY, BIG FIGHT

When Mohammad Rehna's baby was born prematurely at 33 weeks, weighing just 2150 grams, his world turned upside down. On April 11th, the newborn was rushed to Sowmya Children's Hospital in Sanjeeva Reddy Nagar, Hyderabad, and placed in the NICU on ventilator support and IV fluids.

Doctors recommended a two-week NICU stay, with treatment costs expected to exceed ₹3 lakhs—far beyond the reach of a daily wage laborer earning ₹10,000–15,000 a month.

In this time of crisis, The Extra Mile Foundation stepped in with ₹75,000 in support.

That timely contribution became more than just financial aid—it gave the family strength and hope in their most desperate hour. They remain deeply grateful for the foundation's compassion and life-saving help.

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

A BREATH OF HOPE

In April 2025, Baby of Mamatha was born at 38 weeks, weighing 2.69 kg. Soon after birth, she developed severe respiratory distress and jaundice.

Her condition rapidly worsened, and she had to be placed on a ventilator and treated with antibiotics and surfactants

Her farmer father, with a modest income, was overwhelmed by the rising medical bills.

In their moment of crisis, Extra Mile Foundation stepped in with ₹1 lakh in support. This timely help eased their burden and gave the family much-needed hope.

The foundation's support became a beacon of light during their darkest hour.

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

A SECOND CHANCE AT LIFE

At just 23 days old, their baby boy was diagnosed with a serious heart condition. Surgery was the only option to save his life. His parents were terrified.

The mother, a homemaker, and the father, a daily wage laborer, had no way to afford the high cost of the procedure.

In this moment of fear and helplessness, the Extra Mile Foundation stepped in and supported the family with the surgical expenses. The life-saving operation was successfully performed on April 19, 2025.

Today, their baby is recovering well.

The family is filled with gratitude—for them, the Extra Mile Foundation didn't just offer help, they gave their child a second chance at life.

"A kind gesture can reach a wound that only compassion can heal."
- Steve Maraboli

Baby of Pravalika, just 44 days old, was admitted to Rainbow Hospital in Hydernagar on March 23, 2025. Born prematurely at 33 weeks, she faced serious complications, including an underdeveloped digestive system and Intraventricular Hemorrhage (IVH)—a brain condition.

A LIFELINE FOR A FRAGILE LIFE

Her father, employed at Times Internet, and her mother, a homemaker, were emotionally and financially overwhelmed by the rising medical costs.

Seeing the family's struggle, the hospital reached out to The Extra Mile Foundation. The foundation extended crucial support, contributing ₹1.5 lakhs toward the baby's treatment.

Their timely intervention brought hope during a painful and uncertain time. The family remains deeply grateful for this life-saving help.

"True giving from the heart is an expression of love."
— Cara Stein

TINY BABY, TREMENDOUS FIGHT.

Baby of Saraswathi was born at just 26 weeks, weighing only 1.003 kg. Soon after birth, she developed bilateral pneumothorax—a rare, life-threatening condition causing both lungs to collapse. A thoracotomy was urgently needed, and the baby was referred to Rainbow Hospital in Chennai.

Her father, a gardener from Kanchipuram earning ₹15,000 a month, was overwhelmed by the medical costs.

In this critical moment, The Extra Mile Foundation stepped in with ₹1 lakh in support. Their timely help gave the family strength and ensured the baby received the life-saving care she needed.

The family is deeply grateful for the compassion shown in their most difficult time.

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

Baby Quba Jarish was born prematurely at 33 weeks, weighing just 1200 grams. On April 7, 2025, she was admitted to Sowmya Children's Hospital with hydrocephalus—a serious condition where excess fluid builds up in the brain, risking damage. She also suffered from vomiting and feeding issues, with a fragile scalp complicating her condition.

A LIFE SAVED,
A BURDEN SHARED.

Doctors recommended urgent Endoscopic Third Ventriculostomy (ETV) surgery, possibly along with a shunt system.
Her father, a farmer earning ₹10,000–15,000 a month, borrowed from relatives to arrange funds, but the costs were still overwhelming.

In this time of distress, The Extra Mile Foundation stepped in and contributed ₹50,000 toward her treatment.
Their support lifted a heavy burden and brought the family hope in a deeply challenging time.

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

FROM HEARTBREAKING TO HEALING

After two heartbreaking miscarriages, the birth of their baby at 7 months was a ray of hope for one young couple. Born prematurely, the baby was admitted to Medicover Hospital, where doctors recommended extended NICU care to ensure survival.

But the emotional relief quickly turned into financial worry, as the medical bills mounted beyond their means.
At this critical moment, The Extra Mile Foundation stepped in with ₹1 lakh in support.

Their timely help not only eased the family's burden but also gave their long-awaited baby the care they desperately needed.

The family is deeply grateful for the foundation’s kindness during such a fragile and hopeful time in their lives.

"We make a living by what we get, but we make a life by what we give."
— Winston Churchill

HOPE IN A CRITICAL MOMENT

At just 14 days old, a baby girl was admitted to Rainbow Heart Institute on May 13th with severe respiratory distress and a heart condition. Doctors diagnosed her with Aortic Stenosis and recommended an urgent Balloon Aortic Valvuloplasty (BAV) surgery.

The cost of the surgery, medical care, and hospital stay crossed ₹4 lakhs—an overwhelming burden for her family.

In this time of crisis, The Extra Mile Foundation stepped in with ₹1 lakh in support, easing the family's financial stress.
Their timely help ensured the baby received the life-saving treatment she needed.

The family remains forever grateful to the foundation for their kindness and generosity during such a critical moment.

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

TWICE THE FIGHT, TWICE THE HOPE.

Born at just 24 weeks, twin babies weighing only 740g and 745g faced a tough battle for survival. Admitted to the NICU on March 22nd, they were placed on High Flow Nasal Cannula to support breathing, but complications like Anemia and Apnea of Prematurity soon required mechanical ventilation, IV fluids, and antibiotics.

The twins spent nearly three months under intensive care before being discharged on June 14th, 2025.

Their parents were overwhelmed—not only with worry, but with the heavy financial burden that came with prolonged NICU care. In their time of need, The Extra Mile Foundation stepped in, offering ₹1 lakh support for each baby.

Their generosity brought hope, strength, and relief when the family needed it most.

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

At just one month old, the baby boy of Sajana Rafeek from Idukki, Kerala, was diagnosed with a complex heart condition—Double Outlet Right Ventricle (DORV) with a large VSD and Grade 3 straddling. An echocardiogram revealed the urgent need for open-heart surgery, including COA repair and PA banding.

ONE MONTH OLD, ONE LIFE SAVED.

The family was told the surgery would cost ₹4 lakhs—an overwhelming amount for them to manage alone.
In this critical moment, The Extra Mile Foundation stepped in, covering 33% of the surgery cost.

The life-saving procedure was successfully performed on May 26th, 2025, and the baby was discharged in stable condition on June 16th.

The family remains deeply grateful for the foundation’s support, which made their baby's second chance at life possible.

"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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