



## VARSHA FOUNDATION

### Home Away From Home (HAH)

Running in partnership with Cankids...Kidscan

Quarterly progress report – 1<sup>st</sup> Oct'2021 to 31<sup>st</sup> Dec' 2021



**Address of HAH:**

456/306, Near Water Treatment Plant, Sajjad Bagh Colony,  
Daulatganj, Lucknow – 226003

## **Introduction and framework**

Varsha Foundation is a public charitable trust formed on 2nd April, 2018 and registered in New Delhi under the Public Charitable Trust Act of India. In 2019 we established a home at Lucknow for children with cancer and their families and are providing outpatient care support particularly for accommodation, food, nutrition and medicines etc.

Under the Project HAH we are providing following services and ensuring:

- To provide outstation families with affordable, child appropriate accommodation during treatment
- To Integrate project HAH into the treatment, care and support systems at the Hospital
- To improving the overall standards of treatment & care
- To provide atmosphere like home
- To focus on individual hygienic cooking facilities and common dining areas to cater to the children's individual taste, failing appetites and need for healthy nutrition, which is vital for the success of their treatment
- To focus on hygiene, proper storage of medicines, and information and support for proper follow up of Doctor's instructions
- To set up a school Room – to ensure that children continue to receive education through Non-Formal Education Program
- To provide emotional and Psychosocial support, outings, recreational and community activities.
- To provide transport facility between hospital and HAH
- To provide cooking facilities
- To provide administrative assistance

## **Precaution and necessary steps taken during Covid-19 Pandemic**

We are well prepared for the prevention of a possible outbreak of the Covid-19 epidemic in the HAH. We are strictly following the guidelines provided time to time by Govt & treating doctors. We are taking all necessary precaution to monitor & prevent the spread of Covid-19 in the HAH.

## **HAH is equipped with following instruments & items to fight with Covid19.**

- A. Oxygen Concentrator
- B. Battery operated spray machine and disinfectant solution.
- C. Infrared Thermometer
- D. Oximeter
- E. Glucometer
- F. BP instrument
- G. Hand sanitizer
- H. PPE Kit
- I. Gloves
- J. Masks
- K. Floor disinfectant solution
- L. Ambulance on call in case of any emergency

## HAH premises painted

No repair and maintenance work was done since HAH started in 2019, the paint was peeling off which can cause moisture, dampness and fungus and not good for the health of children. The building needed immediate painting work so we painted the HAH building and now home looks great as can be seen in the picture above.

## At HAH premises, the following care is being followed

We are taking every precaution to prevent the potential spread of the virus. The following protocols have been implemented in HAH:

1. Hand sanitizer is available at entrance area and patients/caregivers are instructed to use it on their arrival and departure.
2. It is mandatory for patients/caregivers to use face masks whenever they go out or enter HAH.
3. As it has now been declared a global epidemic, we are taking temperature and checking oxygen level everyday in the morning and evening of all patients/caregivers.
4. We recommend daily that patients and parents should avoid close contact with those who suffer from respiratory insufficiency.
5. On daily basis we ask them to wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing. Always wash hands with soap and water if hands are visibly dirty.
6. We also ask them to use an alcohol-based hand sanitizer provided to each family in HAH.
7. We recommend them avoid touching your eyes, nose and mouth if they go out to hospital for treatment and it is advised that they should not join large crowds or gatherings.
8. Clean and disinfect frequently the touched objects and surfaces using a household cleaning spray or wipe.
9. We do disinfect E-Rikshaw daily before children and families board a Rikshaw.
10. We are screening all the patients/attendants before entering the HAH.
11. Now Covid-19 situation is normalized so we are allowed to Outsider / visitors for visit the HAH but not more than five persons & Cankids team are allowed to visit the HAH.
12. Daily reporting to Cankids in prescribed format given.

## Weekly Sanitization of HAH Building

- HAH premises completely sanitized once in a week by spray machine and disinfectant solution.
- We ensure that Main gate of building, walls and E-Rikshaws are sanitized on daily basis.



## Play Room Activities & Diet Session by Dietitian cum Tutor

- Parents have been allowed in play room with small children.
- All toys sanitized before and after use daily.
- Maintain social distance in playroom during activities.
- All the children asked to wear the mask in play room.
- Basic education provided to the children in the playroom.
- Hygiene and sanitization in daily basis.
- Cleanliness check in Kitchen area as well as utensils.
- Nail cutting, hand washing, room cleanliness and self-hygiene practice for both patients and their parents.
- Awareness sessions conducted for Hygiene.
- Importance of cleanliness of hands during food handling.
- Importance of hygiene in cancer treatment.



- Nutritional Counselling and healthy dietary practice of patients (Diet chart provided by KGMU Hospital).
- Regular Follow-up with parents and patients in HAH for any query.
- Every week checked 24 hours of Dietary recall of patients (Chart filled by patient's attendants.)
- Guidance to modified diet for the patients.
- To keep monitoring patient's details like Height, weight, MUAC and haemoglobin.
- Combine session for group counselling.



### Routine services by Dietitian

- Hygiene and sanitization in daily basis.
- Cleanliness check in Kitchen area as well as utensils.
- Nail cutting, hand washing, room cleanliness and self-hygiene practice for both patients and their parents.
- Awareness sessions conducted for Hygiene.
- Importance of cleanliness of hands during food handling.
- Importance of hygiene in cancer treatment.
- Nutritional Counselling and healthy dietary practice of patients (Diet chart provided by KGMU Hospital).
- Regular Follow-up with caregivers and patients in HAH for any query.
- Every week checked 24 hours of Dietary recall of patients (Chart filled by patient's caregivers.)
- To keep monitoring patient's details like Height, weight, MUAC and Haemoglobin.



K. Combine session for group counselling.



## Regular Family Counselling

HAH has appointed a volunteer counsellor undertaking regular 2 visits in the week. Counselling sessions for patients and their parents helped them to understand the treatment provided including the proper use of medication and its adverse effects. They improved patient adherence and motivated patients them to take an active role in the management of their treatment. Counselling also provided vital information, advice and assistance to help patients and their families with medication.



# CELEBRATIONS & EVENTS

## OCTOBER – 2021

### Monthly Birthday & Dussehra Celebration on 15<sup>th</sup> October 2021

- ❖ Birthday celebration was organized that day.
- ❖ One of our Donor visited the HAH that day & Mr. Gurmeet Ji from SSSSO also participated the celebration.
- ❖ 10- Patients & 15- Caregivers were participated the celebration that day.
- ❖ Packed eating items (Biscuits, Chips, Britannia cake, Chocolates) & Toys given to children.
- ❖ Caregivers were also given Samosa.
- ❖ All the children and caregivers enjoyed the celebration.





Cankids team visited to HAH with Shobha Ma'am on 21<sup>st</sup> October 2021



# NOVEMBER - 2021

## Diwali Celebration on 2<sup>nd</sup> November 2021

- ❖ Festival of light “Diwali” was celebrated on that day.
- ❖ HAH building was beautifully decorated with lite & flowers.
- ❖ Mr. Kumaril Mishra, Mr. Harsh, Mr. Sanjeev, Ms. Sangeeta & Mr. Gurmeet ji also join with us in Diwali celebration.
- ❖ Celebration was start with prayer and Goddess Laxmi- Ganesh ji aarti. Everyone worshiped God and lightning Diya.
- ❖ All staff & families (8- Children & 12- Caregivers) were participated the event with full of joy & happiness, feeling like they are not away from their homes.
- ❖ All guest were distributed gifts and food items to the children as a Diwali gift.
- ❖ The lap of children was full of gifts, toys & food items.
- ❖ Farewell to guest by giving sweets as a gift hamper.



Diwali Gifts were provided to all Cankids staff members & Doctors by VarshaFoundation on 3<sup>rd</sup> November 2021



## Children's Day Celebration on 14<sup>th</sup> November 2021

- ❖ Children's day celebrated on that day.
- ❖ Celebration starts with prayer and drawing competition. All children were draw colorful pictures with full of joy.
- ❖ 9- Patients & 13- Caregivers were participated the celebration.
- ❖ Then distributed snacks to the children (Bourn vita, biscuit, fruit juice, Namkeen& Snacks etc.).
- ❖ Children were dance together on floor with full of enthusiasm.
- ❖ After that, distributed snacks to all attendants and staff.



## Monthly Birthday Celebration on 19<sup>th</sup> November 2021

- ❖ Monthly birthday celebration was organized that day.
- ❖ 12- Patients & 18- Caregivers were participated the celebration that day.
- ❖ Celebration starts with prayer then cake cutting by all children.
- ❖ All children birthday wished to Vivek because that day was his birthday.
- ❖ Gifts was distributed to all children. Packed Food items (Chocolate, Fruit juice, Moong dal, Biscuit&Cake) & toy gun gave them.



# DECEMBER 2021

## Coordination Meeting done on 1<sup>st</sup> December 2021

- ❖ That day a coordination meeting was held between the Varsha & Cankids team at HAH.
- ❖ All the team members interacted jointly that day & resolved all small issues, Arvind sir also presented here.
- ❖ After that Arvind Sir met the all families & motivated them.



## Monthly Birthday Celebration on 1<sup>th</sup> December 2021

- ❖ Birthday celebration was organized that day.
- ❖ 12- Patients & 19- Caregivers were participated the celebration that day.
- ❖ Packed eating items (Biscuits, Chips, Britannia cake, Chocolates, Frooti) & Toys given to children.
- ❖ Caregivers were also given Samosa.
- ❖ All the children and caregivers enjoyed the celebration.



## Christmas Celebration on 25<sup>th</sup> December 2021

- ❖ We organized Christmas day celebration at HAH with all children & families.
- ❖ Inner wheel club, Lucknow members also visited to HAH that day.
- ❖ Celebration starts with prayer and wishes.
- ❖ Then Magic was shown to all children by the magician. It was so entertaining.
- ❖ After that, Santa distributed gifts to the children and people who presented there.
- ❖ Then all children were cut the cake and everyone enjoyed, dance together with Santa.
- ❖ After celebration, food items (Chocolate, chips, namkeen, biscuit, fruity), toys (Doctor kit) & woollen cloths (Sweater, gloves, socks& cap) distributed to children & caregivers also.
- ❖ Cake and snacks distributed to the attendants and staff member.
- ❖ Many donors contributed this celebration, Many thanks to everyone for their kindness.







## Family Counselling



## Children and Caregivers stayed in HAH during the quarter

- ❖ OctoberMonth: -Total 20 children (16-Old &4-New)&36caregivers stayed in HAH.
- ❖ NovemberMonth:-Total 20 children (15-Old &5-New)&35caregivers stayed in HAH.
- ❖ DecemberMonth:-Total 22 children (17-Old &5-New) &40caregivers stayed in HAH.

## Poor Patient Support provided to the Children and families

It was biggest challenge in front of patients and families to arrange the fund for medicine, living, diagnostic, transport etc. in Covid-19 pandemic situation. Varsha Foundation came forward and immediate financial support provided to such patients and families who were in really needed the support to meet out their medicine, diagnostic, food, transport requirement. During the quarter. Monthly summary of PPSA& MSF is given below:

PPSA support provided to the patients and their families:

November 2021: - Rs.500.00

December 2021:-Rs. 2500.00

MSF support provided to the patients and their families:

October 2021:- Rs. 23837.00

November 2021:- Rs. 22087.00

December 2021: - Rs.7970.00

**Total support provided during this quarter Rs. 56894.00/-**

**\*Thank You\***