



VARSHA FOUNDATION

Home Away From Home (HAH)

Quarterly progress report – 1st Jul' 2023 to 30th Sept' 2023



**Address of HAH: 456/306, Near Water Treatment Plant, Sajjad Bagh Colony, Daulatganj,
Lucknow – 226003**

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Introduction & framework

Home Away from Home (HAH) Lucknow was inaugurated on 15th August' 2019, since than HAH has been continuously providing accommodation to the children & their families suffering from cancer along with holistic care & treatment support services such as medicine, investigation, education, counselling, transportation, financial support etc.

The HAH is fully functional with all household facilities & is providing services to the children undergoing treatment in the KGMU hospital. We are providing financial support, technical support, social support & treatment support services in the HAH.

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

- To provide outstation families with affordable, child appropriate accommodation during treatment
 - To Integrate project HAH into the treatment, care & 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 & common dining areas to cater to the children's individual taste, failing appetites & need for healthy nutrition, which is vital for the success of their treatment
 - To focus on hygiene, proper storage of medicines, & information & 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 & Psychosocial support, outings, recreational & community activities.
 - To provide transport facility between hospital & HAH
 - To provide cooking facilities
 - To provide administrative assistance
- 1) Children are selected by Dr. Nishant Verma for HAH stay & Dr. Nishant Verma held responsibility our Social Worker Sangeeta Sahu to send the children to HAH once identified & finalized.
 - 2) Eshwar Child Welfare Foundation & Satya Sai Sewa Sansthan Organization every week & regularly providing ration to the HAH.
 - 3) We are available 24 hours in HAH for help to the families in every situation.

HAH is equipped with the following instruments

- A. Oxygen Concentrator
- B. Battery operated spray machine & 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

Children and Caregivers stayed in HAH during the quarter

- ❖ July Month: - Total 43 children with their 80 family members stayed in HAH.
- ❖ August Month: - Total 43 children with their 81 family members stayed in HAH.
- ❖ September Month: - Total 53 children with their 99 family members stayed in HAH.

Poor Patient Support provided to the Children & their families

Medical, Pathological, Diagnostic & Bereavement etc support provided to the patients & their families:

July 2023: - Rs. 2,10,903.00

August 2023: - Rs. 1,15,378.00

September 2023: - Rs. 1,56,960.00

Total Medical support provided during this quarter Rs. 4,83,241/-

Nutrition support provided to the patients and their families:

July 2023: - Rs. 20,779.00

August 2023: - Rs. 18,461.00

September 2023: - Rs. 22,699.00

Total nutrition support provided during this quarter Rs. 61,939/-

Weekly Sanitization of HAH Building

- We are doing complete sanitization of HAH building every week by spray machine & disinfectant solution.



Play Room Activities & Diet Session by Dietitian cum Tutor

- Play room at ground floor is well equipped with desk top computer, toys, fun books, educational books, basic teaching material etc.
- Dietitian conducted awareness sessions with patients & families on hygiene on regular basis.
- Children spent good time in playroom, learned basic education, played with toys & educational toys & and do various learning craft activities.
- Children learn basic education in play way mood with fun & various teaching activities in the play room.
- Tutor also conducted drawing & craft activity for the children & children also happily participating in such activities.



Routine services by Dietitian

- A. Hygiene & sanitization on daily basis.
- B. Cleanliness checks in Kitchen area also to ensure that all utensils are kept clean.
- C. Nail cutting, hand washing, room cleanliness and self-hygiene practice for both patients and their parents is a daily routine.
- D. Awareness sessions conducted on hygiene maintain.
- E. Conduct sessions on importance of cleanliness of hands before and after food.
- F. Nutritional Counselling and healthy dietary practices for patients (Diet chart provided by KGMU Hospital).
- G. Regular Follow-up with caregivers & patients in HAH.
- H. To keep monitoring patient's details like Height, Weight, MUAC & Haemoglobin.





Celebrations & Events

July Month

Doctor's Day celebrated on 01st July 2023

All across the country national Doctors' Day celebrated on 1st July every year. On this day every year we honor and appreciate the contribution of doctors and medical professional. Varsha Foundation team visited the pediatric oncology department of KGMU hospital and meet the doctors, acknowledged their support, dedication, and round the clock care of the children suffering from cancer. We thanked all the doctors and their staff members.



Monthly Birthday Celebrated on 11st July 2023

- ❖ Monthly birthday celebration was organized on this day, children eagerly wait for this monthly birthday celebration day.
- ❖ The activity area was decorated beautifully with decorative items & balloons.
- ❖ All the children, their family members and staff happily participated in the celebration.
- ❖ The celebration started with prayer, then children cut the cake.
- ❖ Then food items (chocolate, cake, fruit juice, chips and biscuits) and gifts distributed to the children.
- ❖ All enjoyed the nutritious snacks, party get together.



August Month

Independence Day celebrated on 15th Aug 2023

- ❖ 15th August is the special day for HAH and on this day in 2018 the HAH was inaugurated and started serving to the children suffering from cancer and their families. We celebrated Independence Day as well as HAH foundation day on 15 August' 2023.
- ❖ Varsha Foundation in Lucknow completed 4 Years & entered in the 5th Year on 15th August 2023
- ❖ The event celebration started in the morning. Children hoisted the National Flag.
- ❖ The hall was fully decorated with tricolours balloons.
- ❖ A magic show also was organised in the HAH and everyone had a lot of fun of it.
- ❖ Gifts, food items (chocolate, chips, juice, biscuits, & cakes) & laddu distributed to the children.
- ❖ All together had lunch together as a one family and enjoyed the day. Children and their family members did dance sung songs etc.





Beds increased to accommodate more children in the HAH

Inner Wheel Club Lucknow Baradari donated 4 beds to the HAH to accommodate more children in case of need arises. HAH is 16 bedded facility, now capacity is increased to 20 bedded. Now HAH can accommodate and provide its services up to 20 children.

Inner Wheel Club officials visited the HAH and handed over the beds to the HAH team.



Raksha Bandhan Celebrated on 31st Aug 2023

- ❖ Raksha Bandhan is one of the biggest festivals in India celebrated all corner of the country. We understand that because of long treatment many of the children could not go to their home town so we every year celebrate all the festivals so we celebrated Raksha Bandhan also in the HAH. The festival of Rakhi is a bond of love & Care between brother & sister. Children and their families should not feel that they are away from their home town.
- ❖ Girls tied Rakhi to boys & boys gave gifts & cash envelopes to girls.
- ❖ At last, some children enjoyed the festival.





September Month

Lord Krishna Janmashtami Celebrated on 7th Sep 2023

- ❖ Shri Krishna Janmashtami also a big festival in India celebrated almost every corner of the country. We also celebrated the festival in our HAH as same we celebrate every year. HAH is a home and all the resident children and their family members keep hope that they should not miss any festival in HAH as they are away from their home town.
- ❖ A beautiful Pandal decorated with flowers & full of lighting for Lord Shri Krishna & they were placed there. Two children were dressed up as Radha - Krishna.
- ❖ All the children and their families participated in the celebration. Celebration started with prayer, Lord Krishna aarti & bhog. Distributed Prashad & fruits to all, also distributed packed food items to the children.







Cancer Awareness Campaign and Monthly Birthday celebrated on 19th September 2023

- ❖ Monthly birthday celebration & Cancer Awareness Campaign organized together.
- ❖ All the children, their family members, visitors and staff members participated in the celebration. The activity area decorated with balloons & birthday symbols. Counsellor, dietitian and social worker talked about childhood cancer, early detection and early diagnose, care, bring the child to cancer care centre, maintain high level of hygiene etc.
- ❖ Childhood cancer is curable if diagnosed at early stage and proper treatment is provided to the child at cancer centre with love and care.
- ❖ Care givers shared their experience and cancer journey, the problem they faced and how they came out from the all-difficult situations.
- ❖ A discussion was held among the family members on how a healthy and nutritious diet is important in the treatment of a child is important.
- ❖ We also celebrated monthly birthday in the HAH in which all children participated. Children cut the cake. Gifts, toys, Cake, biscuit, namkeen, chips and fruity etc distributed to the children.





Cooking Competition held in HAH on 29th September 2023

- ❖ These children suffering from cancer require healthy and nutritious diet as suggested by dietitian / nutritionist time to time according. Healthy diet and nutrition help children in improving their health, increase their immunity and weight.
- ❖ In HAH all the family members prepare food for their children of their choice as suggested by doctors, dietitian/ nutritionist. We have organised a cooking competition in HAH in which all the attendants participated with enthusiasm under the supervision of dietitian and HAH care taker.
- ❖ All the participants prepared very delicious and nutritious food, tested by all and prizes and gifts given to winners and all.





HAH Caretaker's Daily Routine work

- ❖ Close monitoring & facilitate the comfort stay of families.
- ❖ She ensured that every child staying in the HAH should take all medicine on time.
- ❖ Counselling every new family before going in the room explained rules & regulations of HAH.
- ❖ Counselling all patients & caregivers regarding personal hygiene & room cleanliness.
- ❖ Provided welcome kit to the new family & received back, when family was discharged from HAH.
- ❖ Counselling all caregivers to keep the bathroom clean & flush after the use.
- ❖ Counselling about uses of induction cooktop, Kitchen & utensils cleanliness.
- ❖ Ration & Vegetables distribution. Nutrition distribution.
- ❖ Measuring temperature of all the children in the morning & evening.
- ❖ Actively Participated all the HAH events & activities.



Reintegration Programme – Beauty Parlor course

Families come to town from far away, remote areas, villages, small towns and these families stay in town for treatment of children for a long time. These families' financial conditions are not well and belong to poor and BPL categories. Many time they do not have enough money to feed the child and themselves. We have started a Beauty Parlor course in HAH for such female attendants who have to stay for a long time. In this period, they get trained in Beauty Parlor Course and when they go back to their home town, they earn money and help the family. We provide all the participants stipend and after completion of course a Beauty Parlor Kit also.



Regular counselling by trained Counsellor

The trained counselor comes twice in a week and does counselling the children, parents and group counselling also.



Thank You