



VARSHA FOUNDATION

Home Away From Home (HAH)

Quarterly Progress Report - 1st Jan' 2025 to 31st Mar' 2025



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

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Introduction & framework

Inaugurated on **15th August 2019**, *Home Away from Home (HAH)* in Lucknow has been a vital support system for children undergoing cancer treatment and their families.

Since its inception, HAH has continuously provided **safe, comfortable accommodation** along with a wide range of **holistic care and treatment support services**.

These services include:

- **Medical support:** Provision of medicines and diagnostic investigations
- **Nutrition support:** To fulfil the nutritional requirements of the children, milk, eggs and bananas are provided daily along with weekly Paneer Pakora given as nutrition activity.
- **Educational support:** Continuing non formal education for children during treatment
- **Counselling services:** Emotional and psychological support for patients and families
- **Transportation facilities:** For hospital visits and other essential travel
- **Financial assistance:** To ease the burden of treatment-related expenses

HAH is fully functional with all essential **household amenities**, ensuring a homely environment for children and their caregivers. The facility primarily supports children receiving treatment at **King George's Medical University (KGMU), Lucknow**.

Through a comprehensive approach involving **financial, nutritional, social, psychological, and medical support**, HAH continues to uphold its mission of being a true "Home Away From Home" for cancer patients and their families.

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 support team** to send the children to HAH once identified & finalized.
- 2) **Shri 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

Weekly Sanitization of HAH Building

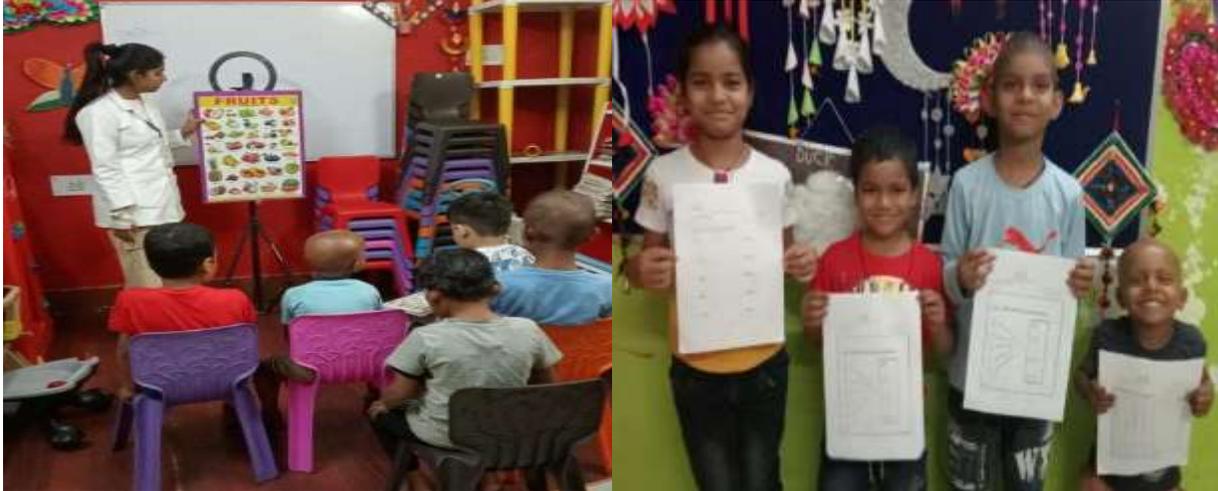
- We are doing complete sanitization of HAH building every week by spray machine & disinfectant solution.



Play Room Activities by the 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 session with patients & families on hygiene on regular basis.
- Children spent good time in playroom, learned basic education, played with toys & educational toys & various items.
- 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 in daily basis.
- B. Cleanliness check in Kitchen area as well as utensils.
- C. Nail cutting, hand washing, room cleanliness and self-hygiene practice for both patients and their parents.
- D. Awareness sessions conducted for Hygiene.
- E. Importance of cleanliness of hands during food handling.
- F. Importance of hygiene in cancer treatment.
- G. Nutritional Counselling and healthy dietary practice of patients (Diet chart provided by KGMU Hospital).
- H. Regular Follow-up with caregivers & patients in HAH for any query.
- I. Every week checked 24 hours of Dietary recall of patients (Chart filled by patient's caregivers.)
- J. To keep monitoring patient's details like Height, Weight, MUAC & Haemoglobin.
- K. Combine session for group counselling.



OPPO F27 5G
9 January 2025 at 3:10 pm



OPPO F27 5G
9 February 2025 at 3:43 pm



OPPO F27 5G
10 February 2025 at 3:51 pm



OPPO F27 5G
11 January 2025 at 3:31 pm



OPPO F27 5G
12 February 2025 at 4:10 pm



OPPO F27 5G
24 February 2025 at 2:15 pm



Celebrations & Events

In January Month: -

New Year Celebration at the HAH on 01st January' 2025

The beginning of a New Year brings with it a fresh wave of hope, joy, and new possibilities. At the HAH, this spirit was beautifully celebrated with our brave little warriors — the children battling cancer — who welcomed the New Year with wide smiles and shining hearts.

The celebration was filled with laughter, music, and heartfelt moments. The children, along with the dedicated HAH team, enjoyed a day full of fun and festivities.

Decorations and colorful balloons added to the festive atmosphere, turning the space into a place of warmth and cheer. Permissible food items were distributed to the children, and the joy in the children's eyes made it a truly unforgettable day.



[Remembering Mr. Virender Singhal on His Death Anniversary on 14th January' 2025](#)

On the occasion of Mr. Virendra Singhal's death anniversary, his family visited HAH to pay their emotional tributes to him. In a touching gesture, his wife Deepali Ma'am joined the children battling cancer.

The children welcomed Deepali Ma'am warmly, expressing their love and respect with smiles. In return Deepali Ma'am's family members lovingly distributed food items, woolen caps and surprise gifts to the children, soothing and warming their hearts - both literally and emotionally.

A special dinner was organized in the evening for all the families in loving memory of Mr. Virendra Singhal.

May his soul rest in peace.





Winter Drive - Blankets Distribution at Hospital & HAH on 23rd January' 2025

To provide comfort during the cold season, a winter drive was organized at the hospital and HAH under the leadership of our donor Mr. Jitendra Mishra and his wife. As part of this kind initiative, blankets were distributed to patients and their families, providing them with much-needed warmth and care during the cold days. Some permitted food items were also distributed to the children of HAH.

This initiative brought smiles and relief to many faces, especially those undergoing treatment and their caregivers. It was a touching reminder that small acts of kindness can bring great comfort and hope.

Varsha Foundation expresses its heartfelt gratitude to Mr. Jitendra Mishra and his wife for their thoughtful support and bringing warmth, both physically and emotionally, to those who need it the most.



[Republic Day Celebration on 26th January' 2025 at the HAH](#)

The 76th Republic Day was celebrated with great joy and patriotic fervor at HAH, in the warm company of cancer warrior children and their attendants.

The event was honored by the presence of **Mr. Arvind Kumar, Hon. President of Varsha Foundation, Prof. Nishant Verma, Dr. Vinod from KGMU, Lucknow, and Mr. Wafa Abbas, Chairmen of Amber Foundation**, along with Team Varsha, whose collective presence made the occasion even more meaningful.

The program began with a flag hoisting ceremony, followed by the national anthem, which filled the atmosphere with pride. One of the most delightful moments was **the puppet show**, which brought smiles and laughter to the children's faces and was thoroughly enjoyed by all.



A delicious and festive meal was served, including **boondi laddu, chhola-bhatura, jeera rice, masala aloo, papad, pakora, finger chips, and the all-time favorite gulab jamun.** The food added flavor to the celebration and was enjoyed by all.





World Leprosy Day Celebration at Missionaries of Charity Jointly organized by Varsha Foundation & Inner Wheel Club of Lucknow Baradari on 30th January' 2025

On the occasion of **World Leprosy Day**, a compassionate and impactful event was organized at the **Missionaries of Charity**, in a joint effort by **Varsha Foundation** and the **Inner Wheel Club of Lucknow Baradari**. The event was held to express solidarity with those affected by leprosy and to spread awareness about the importance of care, dignity, and inclusion.

As part of the initiative, essential items such as **angocha (cotton towels)**, **blankets**, **medicines and diapers** were **distributed** to the residents. Each gesture was made with love and respect, aimed at providing both comfort and support.

The day also featured a **special meal**, which was joyfully shared with all the leprosy patients and residents, making the occasion even more heartfelt and memorable.

This collaboration served as a powerful reminder that when communities come together, we can help eliminate stigma and bring warmth and hope to those in need.

“Leprosy is curable – let’s end the stigma with compassion.”





[Visit of Mr. Ajit Ailani and with his Family to the HAH on 31st January' 2025](#)

We were very pleased to welcome Mr. Ajit Ailani and his family to HAH. The children gave them a warm welcome and expressed their love and gratitude by presenting them with bouquets made by their own hands.

During the visit, the family toured the facilities and observed the various activities and services offered at HAH. Their presence brought joy and encouragement to both the children and their attendants.

We sincerely thank Mr. Ailani and his family for their kind visit and support.





Visit of Mr. Girish Vaish and with his Family to the HAH on 31st January' 2025

We were pleased to welcome Mr. Girish Vaish and his family to HAH. The children warmly greeted them by presenting a flower bouquet as a token of love and appreciation.

During the visit, the family distributed biscuits and salted peanuts to the children, spreading smiles and joy.

We sincerely thank the Vaish family for their thoughtful gesture and kind presence.





In February Month:-

Team Cuddles visited the HAH on 13th February' 2025

We were delighted to welcome Team Cuddles to HAH for an interactive and meaningful visit. During their time at the HAH, the team was given a tour of the facilities and introduced to the various services and support systems in place for children battling cancer.

The visit provided an opportunity to share our mission, day-to-day operations, and the holistic care approach we follow to support cancer children and their families. Team Cuddles showed genuine interest in understanding our work.

Their visit was both encouraging and inspiring for our staff and children. We deeply appreciate their time, compassion, and dedication to child health and well-being.



[International Childhood Cancer Awareness Activity at HAH on 15th February' 2025](#)

On the occasion of International Child Cancer Awareness, an educational and engaging activity was conducted at HAH to raise awareness and promote better care for children undergoing cancer treatment.

Our **dietitian Miss. Mantasha Wahab** conducted an informative session on the importance of nutrition, healthy eating and maintaining hygiene during treatment. Additionally, our **caretaker Mrs. Anupam Sharma** led a session focusing on the importance of personal hygiene, administering medicines on time and maintaining cleanliness in the HAH premises.

These sessions provided valuable guidance to both the children and their caregivers, helping them understand the small but important steps that contribute to better health and recovery.

We thank our team for their dedication and making this awareness event impactful and meaningful for all participants.



[Pediatric Surgery Department and Varsha Foundation Celebrate International Childhood Cancer Day on 22nd February' 2025](#)

The Pediatric Surgery Department, in collaboration with Varsha Foundation, Lucknow, commemorated International Childhood Cancer Day on 22nd February 2025 with a

heartwarming event dedicated to raising awareness and spreading hope among children battling cancer.

The event was graced by the presence of esteemed dignitaries including **Prof. (Dr.) Soniya Nityanand, Vice Chancellor; Prof. (Dr.) Apjit Kaur, Pro Vice Chancellor; Dr. J.D. Rawat, Head of the Department of Surgery; and Prof. Nishant Verma, Head of the Oncology Department.** Also in attendance were members of the **Ex-Servicemen Wives Welfare Association**, renowned pediatricians, and the dedicated team from Varsha Foundation.

As part of the celebrations, **Dr. Soniya Nityanand cut a special cake with the children and personally distributed toys**, adding moments of pure joy and excitement for the children. The event served as a powerful gesture of solidarity and compassion, reminding everyone that small acts of kindness make a big difference in the lives of children fighting cancer.

The program featured:

- **Educational talks by pediatric surgeons and oncologists**
- **Awareness sessions on early detection and treatment**
- **A special tribute to caregivers and healthcare workers**

Speaking at the event, **Dr. Nityanand** emphasized the importance of holistic care and community involvement in the fight against childhood cancer. **“These children are true warriors. As a medical community, it is our responsibility to stand beside them, not just as caregivers, but as champions of their courage,”** she said.

Everyone appreciated this event organized by Varsha Foundation and also appreciated the help being provided to poor patients by the Foundation.

Such events create positive thinking and awareness towards cancer patients in the society.





Varsha Foundation was awarded by the Inner Wheel Club of Lucknow Baradari on 25th February' 2025

Varsha Foundation was awarded by the Inner Wheel Club of Lucknow Baradari for its noble cause – **providing accommodation, medical care, nutrition, ration support, transportation, non-formal education, counselling, and psychological support** to cancer-affected children and their families.





In March Month:-

Holi Celebration at the HAH on 12th March' 2025

On the vibrant occasion of Holi, Varsha Foundation organized a joyful celebration at the HAH Hall, beautifully adorned with colorful craft decorations that set the perfect festive mood. The event witnessed enthusiastic participation from patients, caregivers, staff, and families, all coming together to celebrate the festival of colors.

👥 Participants:

15 Patients

28 Caregivers

06 Staff Members

The celebration began with a prayer, followed by a drawing competition, where children expressed their creativity and joy through colorful art. The atmosphere was filled with smiles and laughter.

We were honored by the presence of our respected mentor, Khanna Sir, who joined the celebration and personally applied gulal to all the children, spreading warmth and love. His presence made the day even more special for everyone.

🍷 Delicious festive treats were distributed to all the children, including:

Gujiya, chocolates, popcorn, chips, Badam shake, biscuits, and other goodies.

🎁 Each child also received a Pichkari as a gift to mark the celebration.

🌸 The event continued with the Holi celebration, where everyone joyfully applied herbal gulal to each other and took part in “Phulon ki Holi” (Braj ki Holi), recreating the traditional spirit of Holi with love, colors, and laughter.

Warm hugs and cheerful greetings were exchanged as everyone came together to celebrate Holi in its true essence – filled with unity and happiness.

💖 Varsha Foundation extends heartfelt thanks to all participants for making the event memorable and meaningful.





[Birthday Celebration of Master Trishaan on 22nd March' 2025](#)

We were honored to celebrate the birthday of Master Trishaan, son of our donor Mr. Jitendra Mishra, at HAH.

The celebration was full of smiles and sweet moments as the children enjoyed lassi, popcorn, chips, chocolates, biscuits, and received delightful toys as gifts. For the attendants, samosas were served, adding to the festive spirit.

In the evening, a warm and delicious dinner was lovingly organized for the families, which included:

- ❑ Poori, Rice, Matar Paneer, and Dry Aalu Sabzi.

We extend our heartfelt gratitude to Mr. Mishra and his family for their kindness and generosity. Your thoughtful gesture brought immense joy to many hearts. ❤️

Wishing Master Trishaan a very happy birthday and a future full of light and laughter!

🎂



Eid Celebration at the HAH on 31st March' 2025

The spirit of Eid was beautifully celebrated at HAH with warmth, joy, and togetherness.

The event was marked by the distribution of homemade Meethi Seviyaan (sweet vermicelli), along with chips, biscuits, juice, chocolates, and peanuts.

In the evening, a warm and delicious dinner was lovingly organized for the families, which included:

❁ Poori, Rice and Matar Paneer.

The children embraced the festive spirit by exchanging hugs and cheerful wishes of Eid Mubarak, creating a heartwarming and memorable celebration.





Mrs. Annu Sharma, Caretaker 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.
- ❖ Checked every room & manage all things.
- ❖ Explained cleaning to the cleaner.
- ❖ Run reintegration program - Beauty Parlour.
- ❖ Nutrition distribution.
- ❖ Measuring fever in the morning & evening.
- ❖ Actively Participated all the HAH events & activities.



HAH counsellor (Ms. Kavita Nigam) provided individual and group counselling to all the families on HAH norms, hygiene, psychological, emotional & other important topics.



Children and Caregivers stayed in HAH during the quarter

- ❖ January Month: - Total 33 Children & 62 Caregivers stayed in HAH.
- ❖ February Month: - Total 39 children & 68 caregivers stayed in HAH.
- ❖ March Month: - Total 48 children & 85 caregivers stayed in HAH.

Poor Patient Support provided to the Children & families

During the quarter:



Monthly summary of Nutrition support, PPSA, MSF & Bereavement is given below:

Nutrition support provided to the patients and their families:

January 2025: - Rs. 19,191.00

February 2025: - Rs. 19,321.00

March 2025: - Rs. 17,609.00

Total nutrition support provided during this quarter Rs. 56,121/-

PPSA, Medical, Medical others & Bereavement support provided to the patients & their families:

January 2025: - Rs. 1,93,731.00

February 2025: - Rs. 1,87,392.00

March 2025: - Rs. 2,24,862.00

Total Medical support provided during this quarter Rs. 6,05,985/-

Thank You

