



VARSHA FOUNDATION

Home Away From Home (HAH)

Quarterly Progress Report - 1st Oct' 2024 to 31st Dec' 2024



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 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.





Celebrations & Events

In October Month: -

Hawan - Puja at the HAH on 05th October' 2024

On the auspicious occasion of **Navratri**, a sacred **Hawan Puja** was organized at **HAH** with a special intention — to pray for the **good health, strength, and recovery of children battling cancer**. The ritual also served as a moment of collective healing, where **all attendees actively participated** in offering prayers and positive energy.

The Hawan was conducted with devotion and traditional Vedic rituals under the guidance of a priest, invoking the blessings of **Maa Durga** in her nine powerful forms (Navadurga). The atmosphere was filled with chants, sacred fire offerings, and a shared spirit of compassion.

The key purpose of the Hawan was:

- To pray for the **well-being and healing** of cancer-affected children.
- To offer **peace and strength** to all those suffering from illness or hardships.
- To bring together everyone in a spirit of **unity, support, and devotion**.

All participants – including community members, caregivers, and well-wishers – took part in the offerings (Ahutis) and joined in the recitation of mantras. The puja concluded with **Aarti** and **Prasad distribution**, leaving everyone with a sense of peace and divine grace.

This meaningful event during Navratri was a reminder of the power of **collective prayer and compassion**, and the importance of supporting each other through faith and unity.



[Veena Madam's Birthday Celebrated on 11th October' 2024](#)

A special birthday celebration was held at the HAH on the occasion of **Veena Ma'am's** birthday, filled with love, joy, and meaningful moments.

The event included cake cutting, decorations, and lively music. Gifts and snacks were generously distributed to children fighting cancer, bringing smiles to their faces. Staff and caregivers also took

part in the celebration, offering their presence and support, making the day even more memorable. It was a beautiful reminder of the power of kindness and togetherness.



World Food Day celebration was organized by Inner Wheel Club of Lucknow Baradari in collaboration with Varsha Foundation on 16th October' 2024 at KGMU, Lucknow.

On the occasion of World Food Day, the Inner Wheel Club of Lucknow Baradari, in collaboration with the Varsha Foundation, organized a heartfelt food distribution drive at King George's Medical University (KGMU), Lucknow.

To mark this day dedicated to global food security and ending hunger, the team distributed Khichdi and Meethi Boondi – simple yet nutritious and comforting meals – to patients' attendants and those in need around the hospital premises.

This thoughtful initiative was a reflection of the spirit of World Food Day: serving the underprivileged, raising awareness about hunger, and promoting access to wholesome food. The collaboration between the two organizations demonstrated the power of collective action in addressing basic human needs with dignity and compassion.



Diwali Celebrated in the HAH on 26th October' 2024

This Diwali, the spirit of the festival came alive at **HAH** as a special celebration was organized for **cancer-affected children and their attendants**. The event was filled with laughter, love, and moments of pure joy, reminding everyone that true celebration lies in bringing smiles to others.

The children were treated to a **magical experience** with a live **magic show, fun games**, and engaging activities designed to lift their spirits. The atmosphere was festive and full of energy as the little ones participated with excitement and enthusiasm.

A delicious spread of **festive food** was served, making the day even more memorable. In addition, **permissible items, goodies**, and **patakha guns** were distributed to ensure the children could enjoy the festival safely and happily.



This heartfelt celebration aimed not just to mark the occasion but to create lasting memories for these brave young fighters. It was a beautiful reminder that even in the midst of challenges, joy, love, and togetherness can light up lives.







Mr. Wafa Abbas Ji Visited the HAH on the Occasion of Diwali on 30th October' 2024

"On the auspicious occasion of Diwali, Abbas Sir visited the HAH and distributed sweets to the children undergoing cancer treatment and offered heartfelt prayers for their health and well-being."



In November Month:-

Sarita Badgel Ma'am visited the HAH on 04th November' 2024

★ Spreading Smiles with Homemade Treats & Creativity!

This week, the children at Home Away From Home (HAH) were treated to a truly joyful experience thanks to a special visit from Sarita Ma'am.

With great warmth and generosity, Sarita Ma'am arrived with:

🍰 A homemade cake

🍴 Snacks, including delicious paneer pakoras – a favorite among the children

🎨 Drawing kits to spark creativity and fun

The day was filled with laughter, full tummies, and colorful art as the children enthusiastically enjoyed the treats and began exploring their new drawing materials. The paneer pakoras were a big hit, and the homemade cake added a sweet touch to the celebration.

“We are incredibly grateful to Sarita Ma’am for her continued love and thoughtful gestures. Her visit not only delighted the children but also reminded them that they are cared for and supported.”



Children's Day was celebrated on 14th November' 2024 by Varsha Foundation in collaboration with Inner Wheel Club of Lucknow Baradari at Pediatric Surgery Department, KGMU, Lucknow

On 14th November 2024, **Varsha Foundation in collaboration with Inner Wheel Club of Lucknow Baradari** celebrated **Children's Day** with great enthusiasm at the Department of Pediatric Surgery, King George's Medical University (KGMU), Lucknow.

The children cut the cake along with Pro Vice Chancellor Dr. Apjit Kaur, which became a special and emotional moment of the ceremony.

Snacks and toys were distributed to the children at the event, spreading smiles and happiness on their faces.

Many eminent personalities including **Pro Vice Chancellor Dr. Apjit Kaur, Head of Department Dr. J.D. Rawat and Dr. S.N. Kureel** were present at the event. **Mr. Harsh Khanna, Mentor and Governance Advisor, Varsha Foundation** was also present along with **Dr. Meetul Rastogi (President, Inner Wheel Club of Lucknow Baradari)** and her dedicated team. All the guests and associates were felicitated with flower bouquets and plants, which not only symbolizes hospitality but also gives the message of environmental protection. The Varsha team also participated actively, ensuring that the event was both meaningful and memorable.

Their collective efforts created a warm and festive atmosphere that emphasized the importance of compassion, caring and community support for children with health challenges.





Winter Drive: Sweaters Distributed by Mr. Wafa Abbas Ji to the Children on 15th November' 2024

As part of our Winter Drive initiative, Mr. Wafa Abbas generously distributed warm sweaters to the children at HAH. This act of kindness brought smiles to the faces of the children, ensuring they stayed warm during the cold weather. We extend our heartfelt thanks to Mr. Abbas for his compassion and support to the HAH Children.



[Blood Donation Camp at Hariom Mandir on 17th November' 2024](#)

A Blood Donation Camp was successfully organized at Hariom Mandir, Lalbagh by the **Shri Sathya Sai Sewa Organization**. The event saw enthusiastic participation from various individuals and organizations committed to the cause of saving lives.

Varsha Foundation actively participated in the camp, demonstrating its dedication to social welfare. We are proud to share that two of our staff members also contributed by donating blood, setting an inspiring example of community service and compassion.

We extend our heartfelt thanks to **Shri Sathya Sai Sewa Organization** for conducting such a meaningful initiative and providing us with the opportunity to be a part of this noble cause.



[Akhil Bhartiya Marwadi Mahila Sammelen Members Visited the HAH on 23rd November' 2024](#)

In a heartfelt gesture of compassion and support, members of the Akhil Bhartiya Marwadi Mahila Sammelen visited Home Away From Home (HAH).

During their visit, the Sammelen members distributed essential ration and fresh fruits to the patients and their families. The initiative was aimed at providing nutritional support to the children battling cancer.

The visit was filled with warmth, smiles, and meaningful interactions as the members spent time with the children & gave also emotional encouragement and hope.

Speaking on the occasion, a representative of the Sammelen stated, "We are deeply moved by the strength of these children and their families. Through this small effort, we hope to make their journey a little easier and show them they are not alone."

Varsha Foundation expressed its heartfelt gratitude to the Akhil Bhartiya Marwadi Mahila Sammelen for their in-kind contribution.



[Birthday Celebration of Roopa Khanna Ma'am on 24th November' 2024](#)

The team at Home Away From Home (HAH) had the occasion of celebrating the birthday of the (Mrs. Roopa Khanna) wife of Mr. Harsh Khanna Ji, a respected mentor and guiding force for the organization. The celebration was held in the presence of children undergoing cancer treatment, turning the day into a memorable occasion filled with warmth, laughter, and love.

As part of the celebration, children cut the cake & snacks were distributed to the children, creating a joyful and festive atmosphere. The thoughtful gesture added a personal touch to the day, reflecting the Khanna family's commitment to sharing happiness and supporting those in need.

Varsha Foundation extends heartfelt thanks to Mr. Harsh Khanna and his family for their continuous support and for choosing to celebrate such a special occasion with the children.



December Month:-

Birthday of Rishi Khanna Sir on 05th December' 2024

The children at Home Away From Home (HAH) had a delightful day celebrating the birthday of Mr. Rishi Khanna, beloved son of our mentor Mr. Harsh Khanna Ji.

To mark this special occasion, the children gathered to cut a birthday cake in honor of Rishi Sir and were treated to a fun-filled evening. The celebration included:

🍰 A joyful cake-cutting ceremony with the children

🍷 Snacks distributed to all the kids

😊 Smiles, laughter, and heartfelt moments shared by everyone present

The event was a beautiful example of turning personal milestones into acts of giving and community joy. It brought light and happiness into the lives of children who are bravely fighting their battles with courage and hope.

“We’re thankful to the Khanna family for always including our children in their celebrations. It creates lasting memories and reminds them that they are loved and supported.”



Blankets Distribution by Mrs. Dolly Rastogi on 16th December' 2024

As part of the ongoing Winter Drive, Dolly Rastogi Ma'am visited Home Away From Home (HAH) and distributed blankets to the families living there.



[Birthday Celebration of Mr. Pramod Sir on 18th December' 2024](#)

On the occasion of Pramod Sir's birthday, the entire Home Away From Home (HAH) family extended its deepest love, respect, and gratitude. More than a supporter, Pramod Sir has been a guiding presence, always standing by our side with quiet strength and heartfelt compassion.

As a close friend of Arvind Sir, Pramod Sir's connection to HAH runs deeper than visits and celebrations – he is part of our extended family.

👑 On this special day, we don't just celebrate a birthday – we celebrate a man whose spirit embodies generosity, friendship, and quiet strength.

Thank you, Pramod Sir, for being a pillar of support and a true well-wisher.



[Birthday Celebration of Ananya \(Granddaughter of Veena Ma'am\) on 21st December' 2024](#)

The children at Home Away From Home (HAH) had a delightful and heartwarming experience as they celebrated the birthday of Ananya, the beloved granddaughter of Veena Ma'am, a devoted supporter of HAH.

The celebration was filled with happiness, movement, and meaningful moments, featuring:

- 🍰 A joyful cake-cutting ceremony
- 🍷 Distribution of snacks and tasty treats
- 🧸 Toys gifted to the children, bringing bright smiles

☪ A fun-filled dance session, where Ananya and the children danced together with excitement and joy

The event created a truly festive and uplifting atmosphere, offering a beautiful break from the routine for children and their families. Ananya's birthday became a shared celebration, full of laughter, music, and connection.

"We extend our heartfelt thanks to Veena Ma'am and her family for making Ananya's birthday a joyful experience for our children. The energy, the generosity, and the shared moments will be cherished by all."



[Deepali Garg Ma'am visited the HAH on 24th December' 2024](#)

The children of Home Away From Home (HAH) were thrilled to welcome Deepali Ma'am, accompanied by her daughter-in-law Pooja Ma'am, for a heartfelt and joyous visit. Their presence brought warmth, inspiration, and celebration to the HAH family.

As part of their visit, they:

🙏 Participated in the HAH's prayer

🍪 Distributed snacks to all the children

🎨 Gifted drawing books and colour sets, encouraging creative expression

💃 Were treated to a special dance performance by the children, filled with energy and excitement

Beyond her visit, Deepali Ma'am is a committed monthly contributor, providing nutritional support to the children undergoing treatment – a gesture that plays a vital role in their healing journey and well-being.

“We extend our heartfelt gratitude to Deepali Ma'am for her continued monthly nutritional support and for taking the time to visit us along with Pooja Ma'am. Your dedication brings hope, health, and happiness to our children.”



Christmas Day Celebration on 25th December' 2024

Christmas at Home Away From Home (HAH) was nothing short of magical this year. The entire hall was transformed into a festive wonderland – adorned with twinkling lights, colorful decorations, and a beautifully decorated Christmas tree, which stood tall as the centerpiece of joy.

🎅 The highlight of the celebration was the arrival of Santa Claus, who brought cheer, laughter, and gifts for all. Santa cut the cake with the children, filling the hall with excitement and festive spirit.

🎁 Following the cake-cutting ceremony:

Snacks and toys were distributed to the children

Many donors visited HAH that day and distributed woollen clothes, caps, socks, and gloves for the children

Ladies' attendants received cardigans and socks

Gents' attendants were given sweaters and socks

☺ Everyone – children, attendants and guests – wore Santa caps, creating a unified sea of red and white as they celebrated the day with smiles and warmth.

🍷 To end the beautiful evening, everyone enjoyed a delicious Christmas dinner featuring:

Chhole Bhature; Jeera Rice; Aloo Masala and the much-loved Gulab Jamun for dessert

“We thank all our kind-hearted donors and guests for making this Christmas so special. The lights may fade, but the joy, warmth, and love shared will stay in our hearts forever.”







Birthday Celebration of Deepa Singhal Ma'am on 30th December' 2024

A special birthday celebration was held at the HAH on the occasion of **Deepa Ma'am's** birthday, filled with love, joy, and meaningful moments.

The event included cake cutting, decorations, and lively music. Gifts and snacks were generously distributed to children fighting cancer, bringing smiles to their faces. Staff and caregivers also took part in the celebration, offering their presence and support, making the day even more memorable.

☉ A special dinner was arranged in the evening for all the families, making the celebration truly memorable for everyone.



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

- ❖ October Month: - Total 57 Children & 102 Caregivers stayed in HAH.
- ❖ November Month: - Total 49 children & 87 caregivers stayed in HAH.
- ❖ December Month: - Total 41 children & 69 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:

October 2024: - Rs. 25,914.00

November 2024: - Rs. 22,936.00

December 2024: - Rs. 22,918.00

Total nutrition support provided during this quarter Rs. 71,768/-

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

October 2024: - Rs. 2,69,335.00

November 2024: - Rs. 2,75,240.00

December 2024: - Rs. 2,97,357.00

Total Medical support provided during this quarter Rs. 8,41,932/-

Thank You