Newsletter December 2022





YOU CAN DO MAGIC!

To these children in need



Happy Holidays!!

Ekamusa.org/donate



Every mother deserves quality healthcare during pregnancy and childbirth. Every child has a right to life-saving treatment.

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Letter from our Director

Dear Donors.

2022 has been a wonderful year and getting back to normal itself is a blessing. Thanks to the generous support of Ekam donors like you we have been able to provide support to those in need.

Ekam is working on COVID Rehabilitation livelihood projects to support underprivileged community members, especially women, to be financially independent. These beneficiaries will be integrated into Ekam as volunteers in the community.

Join us to support the mission of Ekam - NO CHILD SHOULD BE DENIED MEDICAL CARE.

For 2023, we have a diverse agenda to support:

- Save A Child direct medical support to provide treatment to children in financial need
- Reinforcing Rural primary health centers to help pregnant women's care
- Anganwadi preschool center/ school needs to support children's health and development
- 4. Engaging youth in service projects, locally in USA and in India to support women and adolescent girls

Dr. Neelima Reddy



Click to Donate

EKAM USA Campaigns

If you are searching for ways to help, here are some campaigns you can support right now with the link above:

- MEDICAL EQUIPMENT support to pregnant women and lifesaving equipment for newborns
- TOILETS FOR ADOLESCENT GIRLS, with training on health, hygiene, and safety
- PROSTHETIC LIMBS to physically handicapped at \$60 per limb
- 4. MEDICAL KITS for patients with paralysis from spinal cord injuries at \$15/ month



EKAM Project Highlights



48 COVID orphaned school children were funded for education with support from Vasavi Seva Foundation











EkamUSA

with Executing partner Sahaja Foundation

Implemented 15 projects in Andra and Telangana

- Benches
- School Supplies
- Sports Supplies
- Sanitary pads
- Back Packs
- To Under Privileged Communities
- Schools

EKAM Project Highlights

59 Medical students in financial need are supported through education grants every year from Gandhi Medical College through GMCGA and GMCAA Alumni.





LIVELIHOOD SUPPORT = 124

The livelihood intervention project identified 124 marginalized families in Tamil Nadu and help establish a sustainable source of income.





Sewing machines, grinders, poultry, cattle raising, panipuri 202 stalls, printing & laminating centers

EKAM Project Highlights

19 Primary Health Centers and Anganwadi preschool centers

were supported with life-saving medical equipment

Multipara monitors, fetal dopplers for babies

Oxygen concentrators, EKG machines, nebulizers, glucometers,

blood pressure and weighing machines, stethoscopes, pulse oximeters for pregnant women



Benches for waiting room as pregnant women had to sit on the floor





Nebulizer installation



Delivery kit and oxygen concentrators for labor room

LIVELIHOOD SUPPORT = 124

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Sewing machines, grinders, poultry, cattle raising, panipuri 2003stalls, printing & laminating centers

Ekam Project Highlights

MEDICAL CAMPS = 8

3 eye camps to screen 670 kids 2 cleft lip camps- 21 kids 1 ardiac screening camp- 84 kids

Regular Retinopathy of prematurity camps













PROSTHETIC LIMBS = 146

196 prosthetic limbs to support physically handicapped beneficiaries





LIMBS for LIFE

- One step at a time
- Together WE enabled 196 beneficiaries

Executing Partner : Chetana Foundation Pdx Facilitating partner : Rotary club of Khammam

AWARENESS CAMPS = 116

MATERNAL HEALTH



160 children were referred to EKAM, screened, and treatment was arranged.

ORPHANAGES/ ELDER HOMES

5 in India and several local shelters served in USA

NUTRIGARDENS = 82

Nutrigardens were set up for sustainable nutrition for pregnant women , school children

and anganwadi children.





Ekam Project Highlights

GOVERNMENT SCHEME AWARENESS CAMPS = 90



Educate the community to utilize Govt. services

- Use of Emergency 104, 108 numbers
- Insurance schemes
- Financial Savings programs
- Nutrition
- Anemia awareness
- Antenatal care

ADOLESCENT TRAINING PROGRAMS = 90



- Menstrual / Reproductive hygiene
- Social media safety
- Nutrition

EKAM USA Highlights Atlanta, GA



Nutrigarden for preschool kids

> Awareness camps for mothers

Ekam Atlanta has adopted the Dindigul district in India.





Local community service activities & fundraisers

20 computers and 12 monitors to the Grown and donated over 60 lb food to and donated over **300** books, toys and



Community service and visit to orphanages in India

Our EYAs and parents made over 100 special friendship bracelets to personally hand tie when one of our EYA family visited India, in two orphanages in India. We gave treats, planted trees, donated books and art supplies and hospital beds for elderly. Ekam Atlanta EYAs and parents are continuing to support the emotional and physical needs with various activities and fundraisers.

and Mental Resilience EYA



1000 + volunteer hours - 15 EYAs

EKAM USA Highlights Baton Rouge, LA



Baton Rouge Chapter was started in 2016 and we have adopted the Krishnagiri district in Tamilnadu, India. Youth ambassadors participated in local service activities and fundraisers.

Serving food at St. Agnes Shelter



Volunteering at Food Bank



Setting up a vegetable Garden







Fundraiser in support of:

EKAM USA Monday, April 18, 2022 (All Day)

Valid at the following location

CALIFORNIA PIZZA KITCHEN

Perkins Rowe Shopping Center 10001 Perkins Rowe Suite 110, Baton Rouge, LA 70810 cpk.com

EKAM USA Highlights Bay Area, CA



Beanie Project

12 EVAs participated, and they made a total of 85 beanies, 10 beanies were donated to Sadachar Samiti, Indore and 75 were donated to Berkeley housing project that provides basic essentials to the homeless.



EKAM Bay Area volunteers organized a plant sale where they sold a variety of different plants. 7 EYAs participated, and they sold 85 plants and raised \$500 in

Plant Drive = \$500





LifeMoves Food Drive

EKAM Bay Area collaborated with LifeMoves (a homeless shelter association) to provide lunches for its clients. EYAs assembled nutritious lunch packages that included pasta, sandwiches, fresh fruits, and granola bars. Ten EYAs provided 240 packaged meals to 3 different locations in support of homeless shelters in the area













Diwali Fundraiser

In October, EKAM Bay Area collaborated with the Sunnyvale SACAS to host a booth at their annual Diwali Event to fundraise for providing prosthetic legs for a village in Telangana, India. Our EYAs banded together to create and sell items, including handmade bracelets, necklaces, earrings, towels, clothing, books, and handgrown plants. Totally raised \$1045



Medical Technology Initiative

Ekam Bay Area EYA Charvi raised \$600 for oxygen concentrators and \$400 for cesarean section/ delivery equipment kits for rural health centers in the Thiruvarur district, India, to support hospitals.



EKAM USA Highlights Bay Area, CA



Community Service

Ekam Bay Area EYAs participate in community events organized by the city to promote community's health and diversity, engage youth, fundraise, and improve city's parks



Cards For Kidz

In March, EKAM Bay Area EYAs made cards for Cards for Kidz, an organization that sends positive hand-written cards to people across the globe, seniors, veterans, and children in hospitals. 13 EYAs made 216 beautiful cards with uplifting messages.



Clothing Drive = \$895

Ekam Bay Area volunteers partnered with Savers to hold a clothing drive. 10 EYAs participated and they collected 260 bags of clothes. EYAs fundraised \$895 through this project.



Summer Tutoring

Ekam Bay Area EYAs held online sessions every week, on topics ranging from Python to Speech and Debate. Each EYA made their own curriculum for their classes. EYAs made a total of \$560 from their 8-week-long classes.





PVSA AWARD WINNERS 2022

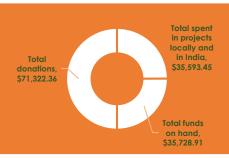
Congratulations to our Presidential Award winners (see picture!) We had 9 gold medal winners, 2 silver award winners, and 1 bronze winner.

These EYAs put in many hours of community service to achieve these medals. We appreciate their passion and drive to better our community and beyond. Also, congrats to our chapter award recipients Charvi, Divya, and Varshaa in recognition of their services to our chapter!

Keep up the good work!

EKAM USA Highlights Boston, MA







Treats for Troops

24 leads from various towns collected, sorted, and repacked a total of 1200 lbs of candies in Nov. They also collected dental hygiene supplies from 4 local dentist offices and volunteers handmade 385+ thank-you cards for Veterans.



Savers FUNDrive® = \$797.32+

20 leads from different towns and conducted local mini drives to collect ~3002 lbs of soft items, !1439 lbs of small household goods, and ~907 lbs of books. Savers donated \$797.32 in recognition of our joint efforts, \$500 of which was donated to a Jonas Clarke Middle School.



Sponsored Meals = 9,800+

Youth volunteers (ages 5+) carefully prepared fresh wholesome 9800 meal packages from the safety of their homes and did contactless delivery to the local shelters throughout the year.

Epilepsy Drive = \$2,418

Enormous effort by 28 leads from different towns led to this super successful drive which resulted in 16,912 I bs of clothing. This was spent to execute sustainable well being projects in namakkal dist, TN, India



Lexington Food Pantry Grocery Haul

Ekam volunteer Leena purchased groceries worth \$250 from Market Basket for the Food Pantry.



Meaningful Celebrations =

Families sponsored a meal at local shelters in MA, one orphanage in Andhra, and another in Telangana on various celebratory occasions and festivals. Teams volunteered to prep, cook, serve, and clean up at the local shelters. This initiative raised \$5345 through corporate matches to support Sustainable well being projects in Namakkal Dist,

MAN DEPOSITOR OF THE PROPERTY OF THE PROPERTY

EKAM USA Highlights Boston, MA



Sponsored Education Needs = \$7,382

In collaboration with "Uplift a Child" our youth volunteers collectively sponsored the education



hand at Mass Audubon Wildlife Sanctuary, Lincoln, MA picking fresh flowers and harvesting the crop. In the summer, they picked 1500+ colorful varieties of flowers and made countless bouquets filled with love, which were sold at the local farmers market with the produce picked throughout the season to raise money for self-sustaining the Wildlife Bird Sanctuary and benefit low-income families.





Volunteering at BINA Farm in Lexington



Empower Afghani Women



Our youth and adult volunteers helped empower women in Afghanistan to build their self confidence by teaching basic English grammar and conversational skills. 15+ youth volunteers from 4 different 10+ women virtually.

English Tutoring by Abhijay Potluri



Diwali Celebration for Seniors



EKAM USA Highlights Boston, MA



EKAM USA ALL Chapters

Joint Service Project

Prosthetic Limbs = \$16,200

Sustainable Well-Being

Ekam donated 8 sewing machines to support the sustainable well being of women and their families who lost the sole breadwinner to covid. Service activity was meticulously executed in Khammam by "Chefana Foundation."



Disabled Development Organization, Anantapur

Families sponsored a full-day meal for the residents of the organization, 8 metal clothing storage boxes, 17 blankets, and 30 mats as a celebration of various special occasions in their lives.



Volunteers are at the "Heart of the Organization and their efforts were duly recognized. 21 Youth Volunteers and 5 Adult Volunteers were

recognized with the prestigious President's Volunteer Service Award (PVSA award) for the year 2022.

Arya Kodumuru Rajarshi Manda Ilrshitha Bodepudi Sreehitha Bodepudi Farah Semy Pravar Mukkala Suravi Bhatia Eesha Gangal Jayan Byrapuram Prutha Narvekar Sunaina Kakumani Siddharth Kawatkar Siddharth Deshmukh Abhijay Potluri Adithya Potluri Siya Setty Siddhi Talekar Dyuthi Prashanth Saketh Lingisetty Nikhil Byrapuram Aashni Sai Anantapalli

Leena Parab Daxikar Almina Semy Hamida Semy Nagasree Chakka Varsha Talekar

Foundation. These were then distributed free of cost to the needy in: 1. Khammam - 70 legs 2. Narsapuram; West Godavari - 76 legs

Ongole - 50 legs
 Asifabad tribals; Telangana - 24 Legs

A total of \$16,200 was raised to sponsor 270 prosthetic limbs. Limbs were manufactured economically by Khammam Rotary Club. This initiative was seamlessly executed by Chetana

5. Tamilnadu - 50 legs



Backpack Drive = \$1,400+



Nikhil and Jayan Byrapuram raised funds to buy 105 backpacks and basic school supplies and donated to the "The Wish Project" in Chelmsford, MA. These were provided to kids in local shelters.

Braille Books Drive

In April, 18 volunteers (4 adults and 14 EYAs worked with staff at a Boston-based Braille publishing facility, and assembled 100+ Braille books so that blind and sighted parents and children can read together! The group also labels



EKAM USA Highlights Charlotte, NC



Food for the Dilworth Soup Kitchen

Soup Kitchen
EKAM Charlotte Chapter volunteers made turkey sandwiches and mac & cheese for Dilworth Soup Kitchen that was distributed among homeless and the needy to give back to the community. We are very grateful to Dilworth Soup Kitchen to give us this opportunity to serve.

























EKAM USA Highlights Houston, TX

\$14,800

Funds raised for projects

Sandwich Donations





Our EYA's and parents made over 250 special sandwiches to give to donate. We gave peanut-butter and jelly sandwiches, cheese sandwiches, and chips for the homeless. Ekam Houston EYAs and parents gave the 250 sandwich packs to the local donation center for distribution.

Tennis Tournament

In February, our EYA's held a tennis tournament to raise money. With the help of parent volunteers and our EYA's, EKAM Houston was able to host its first-ever sports tournament and managed to raise over \$800. Players would play against each other in pairs for this double-style tournament. EKAM Youth Ambassadors were assigned to judge and monitor the games.





BKM & EKAM Play

CONSUME Y SERVICE OF THE PROPERTY OF THE PROPE

Partnering with local NGO, Barathi Kalai Manram (BKM), EKAM Houston was able to host their very first fashion show and comedy stage production. Local volunteers modeled and walked the runway in sarees to promote the stands selling them. EYA's would manage ticket booths, announcements, the clothing stands. BKM's group of actors then held a Tamil comedy play along with the EKAM parents, and we managed to raise over \$10,000.

EKAM USA Highlights Houston, TX

Sustainable Well Being Initiative (SWBI)

Community-wide programs to promote the health awareness and education to prevent disease through

- Nutri-gardens
- Adolescent girl training about health and menstrual hygiene
- Pregnancy check ups and immunizations



EKAM Houston has adopted the Thiruvallur District in India





EYA Presidential Volunteer Service Award Recipients:

- Ananya Gokul
- Anantara Gokul
- Sahana Gokul
- Adarsh Nambi
- Aditi Subramanian
- Samhita Vemuri
- Sathvik Sankaranarayanan
- Krathu Sankaranarayanan
- Madhav Dhinesh
- Archana Bharadwai
- Sarika Nambi

10 Bronze 1 Gold 800+ volunteer hours – 11 EYAs

EKAM USA HighlightsIndianapolis, IN Local Initiatives



Horizon House

Ekam Indy families have volunteered both at the facility, which serves as a day shelter for homeless neighbors, making snack bags and sandwiches, as well as remotely assembling snack bags. We also gave them a check leveraging the Ekam USA value circle funds.





Gleaners Food Bank of Indiana

We helped with a range of tasks,- making food boxes, loading cars with food boxes, labeling cans











Second Helpings = \$3,135

EYAs along with their parents helped sort and weigh pasta, pack snack bags, cleaned the facility.





Lemonade Stand = \$430

EYAs and their parents set up a lemonade stand during India Day 2022 and raised funds for medical camps in Madurai. EYAs presented a poster highlighting the chapter's accomplishments and recruited new members.



Chapter PVSA Awardees

We are proud of our EYAs who continue to find ways to serve the local community and helped raise funds for needs either in India or here during the pandemic with active support and engagement of their parents.

Silver: Adhik Suresh, Aniali Patel

Bronze: Aadhya Vankayala, Krithik Suresh Maya Patel, Shresta Vankayala



Total Funds Raised

- For needs in India: \$12,328 (including Indy 1:1 match, and excluding value circle match)
- For local needs: \$3,135
- Value circle donations: \$2,250

EKAM USA Highlights Indianapolis, IN. Initiatives in India

\$12,328
Total Raised

Ekam Indianapolis Chapter continues to help support the needs related to healthcare, basic amenities, and education in Madurai, and has also participated in various National service projects.

Supported initiatives include:

- Improve sanitation and infrastructure in Kallanthri and Kalimangalam schools.
 Raised funds for improving toilets in LKB nagar and Mayandipatti schools.
- Helped conduct medical camps in Madurai and across TN – for vision, cardiac and cleft lip/palate. Provided financial assistance to 20 kids and adolescents for prescription glasses.
- Funded a TV and furniture for Gengamuthur primary school and basic needs in an Anganwadi.
- Provide life-saving medical equipment and basic furniture for newborns and mothers in primary health centers across Madurai.





Through Ekam I have learned that some people are homeless and don't even have food. I like to volunteer so I can give back and helping people in need makes me happy. It reminds me that we should be thankful for what we have.

— EYA Shresta

We like to volunteer with Ekam Indy because the needs are real and we can see the direct impact of our work towards the community. In addition, we enjoy working alongside the Ekam Indy family, which is so welcoming and inspiring.

— Parent Isa

EKAM USA Highlights Little Rock, AR

ACT Crash Course \$325

EYC Ananya Uddanti, and EYA Ákul Shrivastava, and Brughabanda hosted an ACT Crash Course



Math Counts Tutoring



Prashanth led Math Counts tutoring lessons for middle school students participating in the AoPS challenge.

Maa IIIu Donations \$675

EYA's were asked to donate funds to help organize a mass birthday celebration at the Mau Illu Orphanage Center.



Cookies For Cause \$1,000



possible by Tina Trice allowed EYAs to bake

\$200

Prosthetic Lea **Donations** \$1260

EYA's and Parents Prosthetic Leg





Value Circle Members

Special thanks to our value circle members, Anuradha Kunthur, Roopa Ram, Somya Patil, Himabindu Uddanti, Veena Kumaran, Rajyalakshmi, Shilpa Maram, Neelima Rao.

PSVA Winners

Gold Winners: Nysa Maruthy, Ritha Meenachi, and Adhitya Ram Bronze winners: Medha Kotapati, Khushi Patil, Disha Ram, Nithin Reddy

EKAM USA Highlights New Jersey



Soiree of Sarees = \$600

Ananya, and her supportive mom Tima Agarwaal auctioned sarees. They hosted a live saree auction on Instagram to raise money. All proceeds were donated to Ekam USA to support mothers and children in need.





Help Feed The Homeless

We went to the United Methodist Church, once on February 19th, and another time on April 16. This was a great opportunity to cook and serve local people who are suffering from homelessness. This was a great initiative that helped many people who are in need of food.



Kendra Scott Fundraiser = \$484

Kendra Scott is a company that sells jewelry, specifically necklaces. On June 4th, the EkamUSA New Jersey Chapter worked with Kendra Scott to have around 20% of the customers purchases donated to Ekam USA. In 2 days, we raised around \$484.



Prosthetic Limbs Camp = \$1,000



In October, Vishruth held a dessert sale and raised \$500 for the prosthetic limbs camp. His mom's company matched the amount and donated \$1000 to Ekam USA. This amount of money sponsored 16 prosthetic legs.

Asha Jyoti Run

The Asha Jyothi is a non-profit organization to empower rural women and provide them with sewing machines. The Asha Jyothi annual 5K run is fun family event for children & adults of all ages.



For a complete listing of Ekam NJ's 2022 efforts, reach out to the chapter coordinators.

EKAM USA Highlights New Jersey



Ekam USA 5K Run = \$21,000

With around 230 participants at the event, EYAs and adults raised \$4,500 from ticket sales alone, and around a total of \$21,000 through race participations, sponsorships, and donations. This event hosted activities like Zumba, Yoga, and Father's Day Games.







NJ Homelessness Initiative



Founded by EKAM youth Ishan Sinha to raise awareness and champion the needs of homeless people by creating events to support the homeless to address the housing challenges in NJ. NJ EYAs Ishan, Akshat, and Prajna fed breakfast to kids at OASIS in Paterson, taking part in the Rise and Shine Program on Saturdays. Efforts included fundraising and food donations to feed about 100 kids. EYAs also celebrated birthdays for children at Homeless Solutions and are aiming to raise \$2,000 to raise awareness through other events.

Sewa Diwali



Sewa Diwali is a food drive that was coordinated to benefit food pantries throughout New Jersey!

Sewa Diwali is a food drive being coordinated by "Hindu Swayamsevak Sangh" (HSS) in partnership with the Mayor's office and "We Feed Woodbridge." HSS will drop off food collection boxes and pick up the donated food. Ekam USA partnered with HSS to supply more food for people suffering from homelessness. This was a great opportunity to help the community.





For a complete listing of Ekam NJ's 2022 efforts, reach out to the chapter coordinators.

EKAM USA Highlights Philadelphia

\$540Total Raised

The funds raised by EKAM USA – Philly went towards healthcare facilities and the well-being of all within our district. Philly district is **Vellore**, a fast-developing city located on the banks of the Cooum river in **Tamil Nadu**.



Virtual Bingo Night =

Our LYA's planned and executed a virtual bingo night. This event needed significant effort in making the flyer and promoting it within friends and families. This was a successful event and kids plan to repeat it next year.



Shelter Home & Cake Find Raising

EYAs/Parents have done two food shelter events and helped in making over 80+ food packages delivered to single moms and their children in Philadelphia. As part of cake finding event, EYA's raised ~\$120 towards this initiative to cheer up

Food Bank Event

A group of EYA's led by Parent volunteers loaded several cars to support the distribution of food by the Food Bank of Delaware and helped almost 200 families. Loaded love on a Valentine's day!





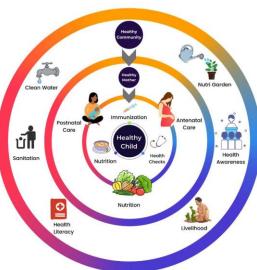
Sustainable Well Being Initiative (SWBI)

Vision and Mission

Ekam's vision is to reducneonatal, infant, childhooc adolescent mortality rate and maternal mortality ratiby enhancing the delivery c the public healthcare system to needy children & mothers.

Our Mission is to ensure the quality, comprehensive continuous health care to every neonate, infant, child, adolescent, and mother in a respectful, caring, and family-centred environment regardless of their financial situations by supporting and improving the public health care system.

with Public Health System to contribute to the enhancement of community health. We also empower communities, builtd and sustains a community culture and platform that supports, motivates, and encourages people to adopt a



SWBI Activities Jan - Dec 2022

- 1. Save A Child
- 2. Medical Camps
- 3. MCH Awareness Programs
- 4. Government Schemes Awareness Programs
- 5. Adolescents Awareness Programs
- 6. Nutrition Garden Activities
- 7. Equipment Support
- 8. District Strengthening Committee









Striving to improve maternal and child health. No mother or child should be denied medical care due to financial reasons.

Click to Donate



Ekam USA, Inc. P.O. Box # 83931, Baton Rouge, LA 70884

Donation Options

1) Check: Ekam USA, Inc. P.O. Box # 83931, Baton Rouge, LA 70884

Please provide your email so we may send receipts

- 1) Zelle: Zelle payments to <u>ekamusa16@gmail.com</u>.
- 2) Facebook: facebook.com/ekamusa16
- 3) Paypal to ekamusa16@gmail.com.
- 4) Amazon Smile: Go to smile.amazon.com and choose EKAM USA, Inc. to donate proceeds from your purchases to EKAM.

Your donation is 100% tax-deductible as Ekam USA is a 501(c)(3) nonprofit organization.

We strive to use 100% of your donation towards the project as Ekam USA is completely run by volunteers, without any paid staff.

Our admin cost is < 1% as Ekam USA is completely run by volunteers