E&H FOUNDATION | QUARTERLY NEWSLETTER

# January – March 2026

*Empowering communities through education and healthcare*




## MESSAGE FROM THE CEO

The first quarter of 2026 has reaffirmed the power of purpose-led action and meaningful collaboration. From January to March, our efforts continued to build momentum toward sustainable impact across communities, particularly in education, nutrition and healthcare.



We strengthened partnerships that not only drive dialogue around responsible development but also translate vision into tangible outcomes on the ground. Each step forward reflects our core belief that true and lasting transformation is possible when empathy guides action and when communities are empowered to shape their own futures.

As we look ahead, we renew our commitment to contributing to India's vision of Viksit Bharat @ 2047. By fostering inclusive growth, embracing innovation and nurturing strong partnerships, we will continue to strive for impact that is both meaningful and enduring.

**Alokananda Chatterjee**
***CEO, E&H Foundation***

## Impact so far

*Preventive healthcare reaching more homes, and more children learning with support.*

**81**
Health camps conducted

**9,214+**
Individuals reached

**91**
Vidyadhan scholars

**2,503**
Gyanshala students

Our Comprehensive Preventive Healthcare Program in Farrukhabad, Uttar Pradesh offers general health check-ups, anaemia and malnutrition check-ups, eye and dental care, preventive care counselling and support in accessing Government Health Schemes such as **Ayushman Bharat**, **Pradhan Mantri Jeevan Jyoti Bima Yojana** and **Pradhan Mantri Suraksha Bima Yojana**, with a gender-inclusive focus on children, adolescent girls, women, men and the elderly.

Around **1,296 students** benefited from peer group learning and AAS Vidyalaya, and **100 students** were supported through ADORE classes this quarter.

## Initiatives

*What our teams and partners made happen on the ground this quarter.*

LUCKNOW · RESIDENTIAL CAMP

### Investing in the next generation: Vidyadhan Scholarship Program

For a third consecutive year, E&H Foundation and the Vidyadhan Scholarship Program supported deserving students in Uttar Pradesh. At a three-day residential camp and felicitation in Lucknow, students worked through exam fear, self-confidence and academic pressure, heard **Dr. Sarvendra Vikram Singh**, former Director of SCERT and Basic Education, Uttar Pradesh, on discipline and time management, and received career counselling from **Aniket Sen**, State Coordinator.

Anurag Mishra, Project Manager, and Vijay Kumar, Block Incharge, guided the students throughout. The camp closed with certificates and scholarships for selected students.

**91**
students supported

**6**
districts, including Farrukhabad

**3**
consecutive years of partnership









8 MARCH

## International Women's Day

We took health check-ups, screenings and personalised guidance directly to women at the grassroots, in a space that felt familiar rather than clinical. Awareness conversations opened up discussions many women had never had before. Madisha from Shamsabad spoke of care that was designed with her in mind, not as an afterthought.

*When women are supported in taking charge of their health, they become powerful agents of change for their families and future generations.*

**Ms. Alokananda Chatterjee, CEO**




INDIA HABITAT CENTRE · 16 MARCH

## Built to last: Future of Impact 2.0

E&H Foundation graduated from Cohort 3 of Future of Impact 2.0, the Common Minimum Programme by ATMA, and received the **Certificate of Achievement (Builder)** at Utsav. The programme strengthened our financial planning, fundraising, programme design, talent management and digital presence.

Leading the effort were Ms. Alokananda Chatterjee (CEO), Mr. Anurag Mishra (Project Manager, Implementation), Ms. Amita Pandey (Senior Manager, Fundraising and Programs) and Mr. Shailendra Shakya (Coordinator, Accounts and MIS).







SHAMSABAD · 26 FEBRUARY

## National Science Day

At our Health Centre in Shamsabad, Farrukhabad, hands-on experiments showed students how lungs work and how germs travel, while general health, eye and dental screenings ran alongside, turning awareness into something immediate and real.



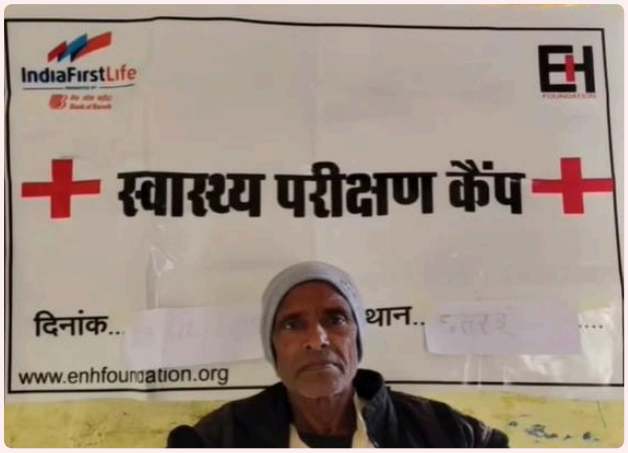
AWARENESS

## The silent crisis in plain sight

High blood pressure, diabetes and anaemia can develop quietly for years until the damage is done. For many communities, the barrier is access, not concern. Catching a condition early means less invasive treatment, better outcomes and lower costs. Early detection is not a luxury. It is the foundation of effective healthcare.

# Impact stories

*Early detection and steady learning, in the words of the people we serve.*




*At a free health camp in his village, a preventive screening revealed high blood pressure he did not know he had. With clear medical guidance, he now feels confident to seek treatment at a government hospital and look after his health.*

**Raja Ram** · Chhatrai



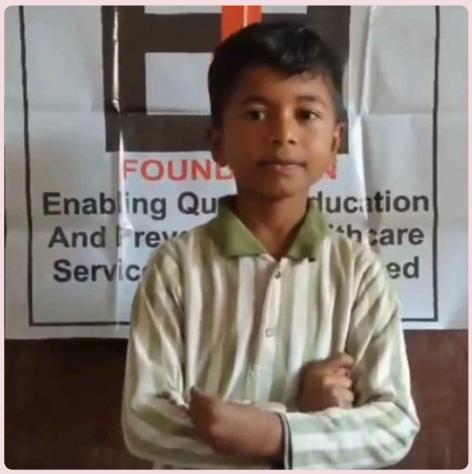

*Screenings for blood pressure, diabetes, dental and eye health gave him a clear picture of where his health stood. He sought timely medical advice and was referred to a government hospital for further treatment and care.*

**Upendra Yadav** · Farrukhabad




*She joined Aas Vidyalaya in the 7th standard with a quiet hunger to learn. Now in the 9th standard, she knows what she is capable of and is reaching for more.*

**Nisha** · Aas Vidyalaya



*Two months into Peer Learning classes, he recites multiplication tables up to six, is mastering Hindi matras, and shares what he learns with the children around him.*

**Sufian** · Shamsabad

# Professional networking

*Where we learned, shared and built partnerships this quarter.*

**5–6**
**FEBRUARY 2026**

INDIA HABITAT CENTRE, NEW DELHI

## India Fundraising Conference 2026

Leaders, fundraisers and changemakers came together for masterclasses and conversations on catalytic funding and cross-sector partnerships. One thread ran through it all: lasting change at the grassroots needs strong systems, the right resources and people willing to work across boundaries.

**Represented by** Ms. Alokananda Chatterjee (CEO)







NEW DELHI

BOULDER BOX, NEW DELHI

## Inspirational Calendar Launch 2026

At the launch of Pathshala's Inspirational Calendar 2026, students held the room, sharing how career guidance had helped them find direction, build confidence and see a future they could work towards.

**Represented by** Ms. Amita Pandey (Senior Manager, Fundraising and Programs)






IIT DELHI

IIT DELHI

## National Conclave on Nutrition and Climate Goals 2026

Organised with Genmark Foundation, the Centre for Environmental Research and Community Action and the National Environmental Engineering Research Institute, the conclave explored how shifting environments affect what communities can grow, access and afford to eat.

**Represented by** Ms. Amita Pandey (Senior Manager, Fundraising and Programs)







**28**
**MARCH 2026**

BAANSERA PARK, DELHI

### VOLfest 2026

Organisations and individuals gathered around the spirit of volunteering and giving back, with cultural and creative expressions that created space for collaboration, dialogue and shared purpose.

**Represented by** Ms. Amita Pandey (Senior Manager, Fundraising and Programs)







## Team spotlight

*New talents who joined our mission this quarter.*



JOINED 13 JANUARY 2026

### Afsha Ansari

Community Resource Person

A graduate, Afsha joins us as a Community Resource Person and is already working at her assigned location. Welcome to the team.



JOINED 9 FEBRUARY 2026

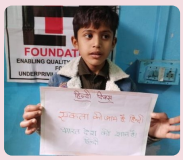
### Mohd. Aqib Khan

Optometrist

With a bachelor's degree in optometry, Aqib joins us as an Optometrist and is already working at his assigned location. Welcome to the team.

## Days we marked

*Each observance took awareness to the grassroots, from children's art to festivals celebrated with our communities.*





### World Hindi Day (10 January 2026)

Language connects people, ideas, and opportunities, and it plays a vital role in shaping how children learn and express themselves. This World Hindi Day, E&H Foundation marked its continued commitment to ensuring children at the grassroots could read, write, and communicate with confidence.

"When language becomes accessible, learning grows stronger, self-belief deepens, and young minds are empowered to participate fully in the world around them." Children reading aloud who once struggled with a sentence, young learners finding their voice where there was little confidence before. That progress is the measure of our work.



### National Youth Day (12 January 2026)

National Youth Day marked the birth anniversary of Swami Vivekananda, a thinker who placed his faith in the strength and potential of young people. At E&H Foundation, that belief shapes the work every day.

"Arise, awake and stop not till the goal is reached." Swami Vivekananda

The Foundation's education programmes continued to ensure that children and youth at the grassroots could learn with confidence and move forward with purpose. That is the legacy being carried forward.




## Lohri and Makar Sankranti (13 and 14 January 2026)

January arrived with two festivals that belong to the land and its people. Bonfires crackled through the night as Lohri brought communities together, voices, warmth and laughter rising in unison. Days later, kites cut across a winter sky as Makar Sankranti marked the sun's turn, carrying with it the quiet promise of renewal.

The E&H Foundation team did not observe from a distance. They stepped in, celebrating alongside the communities they are part of, sharing in the harvest, the fire and the joy. These festivals carry values that sit at the core of this work: gratitude, the strength that comes from gathering together, and the belief that brighter days are built, not waited for.




## Vasant Panchami (23 January 2026)

Spring carries a quiet kind of promise. Vasant Panchami, a celebration of knowledge and renewal, falls at the cusp of this change, and the two share the same message: growth, when nurtured, finds its way.

For a child, that nurturing often begins with a question asked without hesitation, a classroom that feels safe, or simply the confidence to try. That is what E&H Foundation continued to work towards that season, creating learning opportunities that gave children the space to grow, question and dream.




## Netaji Subhas Chandra Bose Jayanti (23 January 2026)

Netaji Subhas Chandra Bose Jayanti was a moment to remember a leader who believed that meaningful change demanded more than intent. It demanded courage, discipline and a willingness to act. His ideals of self-reliance and service were a call to responsibility, one that remains as relevant today as it ever was.

At E&H Foundation, that call finds expression in the work being done in communities across the grassroots, through education and healthcare that build the conditions for people to stand on their own feet.




## Republic Day (26 January 2026)

Republic Day is a moment to look inward, at the ideals the nation was built on and at how far those ideals have travelled into everyday life. The Constitution imagined an India where every child could learn, every person could access care, and every community had a fair chance to grow.

At E&H Foundation, that is what the work looks like in practice. Sitting with a child who is learning to read for the first time. Walking into a village where a health camp is bringing care to those who rarely receive it. That is the India worth celebrating and worth continuing to work towards.




## World Cancer Day (4 February 2026)

Every year, millions of people across India face a cancer diagnosis without ever having received the information or care that could have changed its course, because preventive care and early guidance simply never reached them.

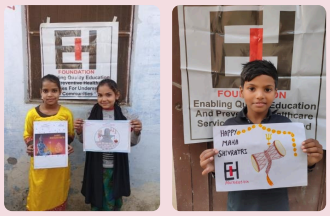
That distance between people and the right information is what E&H Foundation continues to work at closing. Through health camps and grassroots outreach, the work is about ensuring that communities have access to preventive care before it becomes urgent. Awareness saves lives, and everyone deserves access to it.




## National Deworming Day (10 February 2026)

Worm infections are easy to overlook. They rarely announce themselves loudly, yet quietly affect how children eat, grow and learn. For many children at the grassroots, this invisible burden is also entirely preventable.

On National Deworming Day, E&H Foundation reaffirmed its commitment to preventive healthcare that reaches children before harm sets in. A healthy child is a stronger student, a more nourished mind and a better start for the community they grow up in.



## Maha Shivratri (15 February 2026)

Maha Shivratri is a night that turns attention inward, toward reflection, balance and the quiet strength that comes from awareness.

At E&H Foundation, that spirit is not unfamiliar. The belief that well-being begins from within, and that communities thrive when they are supported to live with intention and care, sits at the heart of the work every day.



## Ramadan (18 February 2026)

Ramadan brings with it a collective turning inward. A month that asks people to slow down, to be grateful and to extend care beyond themselves.

For E&H Foundation, that instinct sits at the centre of the work. Reaching communities that are often overlooked, ensuring that healthcare and education are not privileges but possibilities, and doing it with dignity. The holy month was a reminder of why that work continues.



## World Day of Social Justice (20 February 2026)

Justice does not always arrive through grand gestures. More often, it shows up in quieter ways. A child who gets to stay in school. A family that receives timely healthcare. A woman who finds her footing through the right opportunity at the right time.

Equitable systems are not built overnight. They are built through consistent, grounded work in the communities that need them most. That is where E&H Foundation has always chosen to be.



## International Mother Language Day (21 February 2026)

Language is where identity begins. It is how children first make sense of the world, express themselves and find their place in it.

At E&H Foundation, the work has been about strengthening roots in Hindi while opening doors through English, so that children carry their culture forward without it becoming a barrier to opportunity. When a child is confident in both, they move through the world with greater ease and a stronger sense of who they are.




## World NGO Day (27 February 2026)

Across geographies, languages and contexts, organisations are building what markets do not always reach and governments cannot always deliver alone. Education in a village that had none. Healthcare at a doorstep that had never seen it. Opportunity extended to someone who had stopped expecting it.

World NGO Day was a day to recognise that effort and the people behind it. For E&H Foundation, it was also a moment to look at the road travelled alongside communities and feel the weight of how much that trust means.

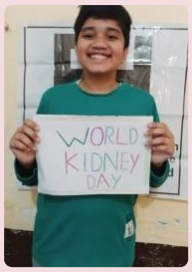


## Holi (4 March 2026)

Some celebrations need no explanation. Holi arrived with colour, laughter and the kind of joy that moves easily between people, cutting across everything that usually keeps them at a distance.

Across E&H Foundation's teams and the communities they work with, the festival was exactly that. A moment to set the work aside, be present with one another and remember that connection is also part of what this is all about.






## World Kidney Day (12 March 2026)

The kidneys do their work without asking for attention, which is perhaps why kidney disease is so easy to miss. There are rarely loud signals, only a gradual decline that, by the time it is noticed, has often already progressed.

Regular check-ups, staying hydrated, and keeping blood pressure and sugar levels in check are small, accessible decisions that carry real consequences over time. The best time to protect kidney health is long before there is any reason to worry about it.




## World Consumer Rights Day (15 March 2026)

Every decision a person makes about their health, their child's education or their family's future is only as good as the information they had access to when they made it. For many communities at the grassroots, that information has historically been hard to come by.

At E&H Foundation, awareness is not a bonus. It is a foundation. When people know their rights, understand their options and have access to trusted support, they are better placed to make choices that genuinely serve them.




## Baisakhi and Ugadi (15 March 2026)

Baisakhi and Ugadi have always carried within them a particular kind of optimism. The new year does not arrive quietly. It brings with it the promise of a fresh start, a different chapter and the energy to meet it.

At E&H Foundation, that spirit of renewal felt close to the work. Growth, after all, is what it has always been about.






## Gudi Padwa (19 March 2026)

A new year carries with it something that is hard to name but easy to feel: the sense that what comes next holds more than what came before.

Gudi Padwa arrived with that promise. Of fresh starts, renewed energy and the quiet optimism that a new chapter brings. At E&H Foundation, it was a moment to pause, celebrate and carry that spirit into the work ahead.






## World Oral Health Day (20 March 2026)

Oral health is easy to put off. For many communities at the grassroots, it is not even a question of priority but of access. Dental care simply has not been close enough to reach.

Untreated dental issues ripple outward, affecting nutrition, confidence and overall health. Through awareness sessions and dental check-up camps, E&H Foundation has been working to bring that understanding closer to the communities that need it.




## International Day of Happiness (20 March 2026)

Children at E&H Foundation set aside the usual rhythm of the day and came together for something simpler: games, laughter and the kind of easy, unscripted joy that fills a room without much effort.

A child who feels happy and supported does not just play better. They learn better, engage more and carry that sense of security into everything else they do. Happiness, on days like these, was not a theme. It was simply what happened in the room.






## Eid ul-Fitr (21 March 2026)

Eid ul-Fitr is a celebration of gratitude, compassion and togetherness. Its spirit of collective care and shared responsibility reflects the same values that guide E&H Foundation's work in communities every day.

Small acts of kindness and showing up for one another have always created the most meaningful change.





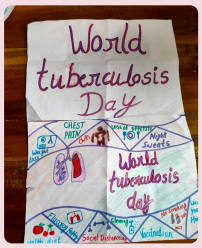


## World Down Syndrome Day (21 March 2026)

A classroom that works for most children but not all is not yet doing enough. Inclusion is the deliberate work of building environments where every child, regardless of how they learn, finds a place to grow.

At E&H Foundation, difference is not a barrier to be managed but a reality to be understood and met with the right support. When children feel seen and valued, they do not just participate. They flourish.




## World Tuberculosis Day (24 March 2026)

Tuberculosis remains a serious public health challenge in India, particularly at the grassroots, where awareness is limited and access to timely care is not always within reach. TB is preventable, treatable and curable. What it requires is early recognition and the confidence to seek care without delay.

E&H Foundation reaffirmed its focus on community-level awareness and preventive healthcare, so that people are equipped to recognise symptoms early and act on them.







## Ram Navami (26 March 2026)

Ram Navami is a celebration of values that do not age: truth, compassion, discipline and a sense of duty toward others.

At E&H Foundation, the occasion was a moment to reflect on what it means to act with integrity and purpose, and how even the smallest actions, when rooted in those values, leave something lasting behind.






## Mahavir Jayanti (31 March 2026)

The values Mahavir Jayanti celebrates, ahimsa, truth and compassion, are not relics of another time. They are as demanding and as necessary today as they have ever been.

At E&H Foundation, they find expression in the everyday work: in the care taken with communities, the respect brought to every interaction and the belief that lasting change is only possible when it is rooted in something honest and humane.

## The way forward

*Our next milestones for April to June 2026.*

**80**
Health camps planned

**8,000**
Health beneficiaries

**3,176**
Gyanshala students

**110**
ADORE class students

**1,000**
Vidyadhan enrolments targeted by end of June

**78**
Peer Learning volunteers onboarded, with classes from July

*Our heartfelt gratitude to our partners, healthcare workers, volunteers and donors who make this mission possible. Together, we are building a future where every life has the opportunity to thrive in health, dignity and hope.*

DAAN UTSAV 2026

### Daan Utsav is live on Crowdera

Our Daan Utsav fundraiser is live on Crowdera on behalf of E&H Foundation, with one campaign for preventive healthcare and one for education. Give, or simply pass the word. **No contribution is small.**

**Give the gift of health →** **Help a child stay in school →**

Or scan to give instantly through UPI


**E&H FOUNDATION**

*Empowering communities through education and healthcare*

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