E&H FOUNDATION | QUARTERLY NEWSLETTER

# April – June 2026

*Empowering communities through education and healthcare*



MESSAGE FROM THE CEO

> Education and health are not privileges. They are fundamental rights. With every health camp, every smile restored and every life touched, we are proving that when communities unite around compassion and equity, transformation becomes inevitable.

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



## Impact so far

*More children in classrooms, stronger community participation and growing momentum for education.*

| 552 | 801 | 155 | 110 |
|---|---|---|---|
| School admissions | Vidyadhan enrolments | Peer class volunteers | ADORE class students |

Under the Back to School Campaign, **36 rallies** took the message of education to families at the grassroots, and the Vidyadhan Scholarship Programme shows growing demand for support that keeps children learning without interruption.

# Initiatives

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

**LUCKNOW · 25 APRIL**

## Health camp at Shahbhagi Shiksha Kendra

Held with **Ageas Federal Life Insurance Company** for children from Gyanshala Lucknow, the camp brought screenings, awareness and medical support to the community. It marked the close of **Phase 1** and the announcement of **Phase 2**, which will continue expanding our healthcare and education outreach.

**15,000+**
beneficiaries reached

**150+**
health camps conducted

**200**
children supported in education








**15 JUNE**

## Back to School

As children returned to class, we stressed educational readiness, regular attendance and access to resources, with special emphasis on girls' education, because educating girls builds stronger families and communities.






**ADVISORY BOARD · 17 JUNE**

## Advisory Board Meeting

Our Advisory Board Meeting was an opportunity to review the progress of our programmes, share key achievements and discuss strategies that will strengthen our work in education, preventive healthcare and community development.

We are grateful to our Advisory Board members for their thoughtful guidance, valuable insights and unwavering belief in our mission. Their support inspires us to deepen our impact and reach more communities in the years ahead.

## Impact stories

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




*Her visit to a health camp was the first time her eyesight was ever checked. Doctors found weak vision and prescribed spectacles, so a hidden struggle in her learning was fixed through timely care.*

**Arya** · Shamsabad




*A routine check-up at our health camp led to vision, dental and basic health screenings. Her low haemoglobin and vision concerns were found early, giving her time to act, get guidance and manage her health.*

**Pooja** · Meeradarwaza, Shamsabad



*After two years of Gyanshala classes, Atifa shared a poem about a fruit seller with confidence, a sign of the courage and comfort continuous learning builds.*

**Atifa** · Saidwada, Shamsabad

## Professional networking

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

**18–19**
**JUNE 2026**

VISHWA YUWAK KENDRA, NEW DELHI

### RCRC 6th General Body Meeting

Over 80 civil society organisations came together for two days of shared learning and planning. The focus: long-term vision beyond project cycles, contribution over recognition, and collaborations that keep communities at the centre.

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









## Team spotlight



TWO YEARS WITH US

**Shailendra Kumar Shakya**

Thank you for your sincerity and commitment to our education and healthcare mission. Here is to many more milestones.

## Days we marked

*Each observance was a chance to take awareness to the grassroots, from handwashing demos to health talks and children's art.*




### World Autism Awareness Day (2 April 2026)

The quarter began with World Autism Awareness Day, a reminder of the importance of celebrating neurodiversity and building inclusive environments where every individual feels seen, heard, and valued.

At E&H Foundation, the day highlighted the understanding that every individual on the autism spectrum brings unique strengths, abilities, and perspectives. Through awareness and acceptance, communities can move toward true inclusion, where everyone has equal opportunities to learn, grow, and thrive.



### Good Friday (3 April 2026)

Good Friday offered a moment of reflection on compassion, sacrifice, and kindness, values that remain central to E&H Foundation's work at the grassroots level.

The day served as an important reminder that meaningful community support begins with empathy and collective responsibility. As the Foundation continues to work across education and healthcare, these values guide every effort to build stronger and more supportive communities.






### Easter (4 April 2026)

Easter brought with it the spirit of hope, renewal, and fresh beginnings.

This occasion allowed the Foundation to reflect on the importance of resilience and positivity in the face of challenges. In many ways, these values mirror the journeys of the communities E&H Foundation works with, where access to healthcare, education, and opportunity can create transformative new beginnings.



### World Health Day (7 April 2026)

World Health Day served as an important reminder that good health begins with awareness and timely action.

E&H Foundation used this occasion to emphasise the importance of preventive healthcare, regular screenings, and early intervention. Many health conditions remain undetected until they become severe, making community awareness and access to healthcare essential. By promoting health education and community screenings, the Foundation continues to encourage informed decisions that contribute to healthier and more secure futures.




## National Safe Motherhood Day (11 April 2026)

National Safe Motherhood Day highlighted the importance of ensuring every mother has access to proper care, nutrition, supervision, and timely medical intervention.

At E&H Foundation, this observance reinforced the need to make preventive healthcare more accessible at the grassroots level. Safe motherhood extends beyond childbirth. It is about supporting women through every stage of their journey, ensuring healthier outcomes for both mothers and children.





## Ambedkar Jayanti (14 April 2026)

Ambedkar Jayanti served as a powerful reminder of Dr. B.R. Ambedkar's vision of equality, dignity, and education as the foundation of empowerment.

His belief that education creates opportunities and breaks barriers continues to resonate deeply with E&H Foundation's mission. Through education and healthcare initiatives, the Foundation remains committed to carrying forward these values by building informed, healthier, and more equitable communities.



## The Spirit of Togetherness (14 April 2026)

The Foundation also celebrated the spirit of India's cultural diversity through Baisakhi, Vishu, Bohag Bihu, Poila Boishakh, and Puthandu.

Though celebrated differently across regions, these festivals represent shared values of gratitude, prosperity, harvest, and new beginnings. This observance highlighted how diversity strengthens communities and unites people through shared hopes for happiness, health, and progress.




## World Heritage Day (18 April 2026)

World Heritage Day reminded communities that heritage extends beyond monuments. It lives in traditions, stories, and collective memory.

E&H Foundation used this day to reflect on the role of communities in preserving cultural identity and strengthening intergenerational knowledge. Protecting heritage is not only about preserving the past, but also about building a stronger and more informed future.




## Earth Day (22 April 2026)

Earth Day highlighted the strong connection between environmental wellbeing and human health.

The Foundation emphasised how clean air, safe water, sanitation, and nutrition are essential not just for sustainability but for disease prevention and stronger community health outcomes. By encouraging awareness around environmental responsibility, E&H Foundation reinforced the idea that protecting the Earth also means protecting human wellbeing.




## World Malaria Day (25 April 2026)

World Malaria Day focused on the importance of prevention, awareness, and timely action.

Simple measures such as using mosquito nets, avoiding stagnant water, and maintaining clean surroundings can significantly reduce the risk of malaria. Through this observance, E&H Foundation highlighted how informed communities are better equipped to prevent disease and protect lives.



## International Dance Day (29 April 2026)

International Dance Day celebrated joy, confidence, and self-expression among children.

Dance is more than movement. It creates space for children to express themselves, build confidence, and connect with others. At E&H Foundation, the day highlighted the importance of creative expression as part of holistic child development. The Foundation continues to create safe and encouraging spaces where children can learn, grow, and shine freely.



## Buddha Purnima (1 May 2026)

Buddha Purnima served as a reminder that true wellbeing begins from within. The teachings of Lord Buddha continue to inspire mindfulness, compassion, and balance, values that remain deeply relevant in today's world.

At E&H Foundation, this occasion reinforced the importance of emotional wellbeing, self-awareness, and kindness as essential parts of building stronger and healthier communities. In a world that constantly moves forward, Buddha Purnima reminded us to pause, reflect, and lead with compassion.



## Labour Day (1 May 2026)

Labour Day was an opportunity to acknowledge the efforts of those who work tirelessly to strengthen communities every single day.

At E&H Foundation, this day held special significance as it recognised not only workers across sectors but also the Foundation's own ground teams who continue to bring healthcare and education closer to underserved communities. From organising healthcare camps and screenings to supporting children in learning classes, their dedication remains central to the Foundation's mission. Their work goes beyond service. It builds trust, awareness, and opportunities for those who need them the most.



## World Hand Hygiene Day (5 May 2026)

World Hand Hygiene Day highlighted one of the simplest yet most effective preventive healthcare practices: proper handwashing.

E&H Foundation used this day to spread awareness about correct handwashing techniques, reminding communities that a few seconds of care can prevent infections and protect both individuals and families. The observance emphasised that hygiene is not just a habit, but a shared responsibility toward community health and safety.




## Rabindranath Tagore Jayanti (7 May 2026)

Rabindranath Tagore Jayanti offered an opportunity to reflect on the legacy of one of India's greatest visionaries in education and literature.

Tagore believed education should inspire curiosity, creativity, and deeper understanding rather than mere memorisation. At E&H Foundation, his vision resonates deeply as the organisation continues creating environments where children are encouraged to explore, question, and grow with confidence.



## World Red Cross and Red Crescent Day (8 May 2026)

This day recognised the spirit of compassion, service, and humanity that continues to support vulnerable communities around the world.

E&H Foundation observed the day by reaffirming its own commitment to bringing preventive healthcare and disease awareness closer to underserved populations. It served as a reminder that every act of care, no matter how small, has the potential to create lasting impact and transform lives.



## Mother's Day (10 May 2026)

Mother's Day was an occasion to recognise the resilience, strength, and sacrifices of mothers everywhere.

At E&H Foundation, the observance highlighted the importance of maternal health and wellbeing, acknowledging that when mothers are healthy and supported, families and communities become stronger. The Foundation remains committed to ensuring women have access to the healthcare, awareness, and support they deserve.



## International Nurses Day (12 May 2026)

International Nurses Day honoured the dedication, compassion, and tireless efforts of nurses who form the backbone of community healthcare systems.

At E&H Foundation, nurses play a crucial role in conducting health camps, awareness drives, and preventive screenings, bringing care directly to communities that need it most. Their care goes beyond treatment and prescriptions. It brings comfort, trust, and hope to those who often have limited access to healthcare.




## International Day of Families (15 May 2026)

Families are where support, resilience, and care begin. On the International Day of Families, E&H Foundation celebrated the role of families in shaping healthier and stronger communities.

Whether through education, emotional support, or healthcare access, families remain at the centre of social wellbeing. This observance reinforced the Foundation's belief that supporting families is key to creating empowered and cohesive communities.



## World Hypertension Day (17 May 2026)

World Hypertension Day highlighted the importance of recognising and addressing high blood pressure before it becomes a serious health concern.

As hypertension often develops silently without noticeable symptoms, E&H Foundation used this day to stress the importance of preventive healthcare services, regular screenings, and healthy lifestyle habits. Early awareness and timely action can significantly reduce the risks associated with long-term complications.



## World Family Doctor Day (19 May 2026)

Family doctors often serve as the first point of care, guidance, and reassurance for families.

On World Family Doctor Day, E&H Foundation acknowledged their important role in promoting preventive healthcare, early diagnosis, and continuous support within communities. Their work extends beyond treatment, helping build trust and create healthier futures for families.



## Menstrual Hygiene Day (28 May 2026)

Menstrual Hygiene Day highlighted the need for awareness, safe hygiene practices, and open conversations around menstruation.

Many girls and women continue to face stigma and barriers when it comes to menstrual health. E&H Foundation used this observance to advocate for dignity, access to information, and proper resources. The Foundation believes that no one should be held back due to a natural part of life.





## Eid al-Adha (28 May 2026)

Eid al-Adha brought with it the values of compassion, sacrifice, and giving back.

E&H Foundation reflected on how acts of kindness and community support have the power to create hope and transform lives through education, healthcare, and awareness. The occasion reinforced the importance of extending care and opportunity to those who need it the most.





## World No Tobacco Day (31 May 2026)

World No Tobacco Day focused on the harmful impact of tobacco, not just on individuals, but on families and communities.

E&H Foundation encouraged healthier living by spreading awareness about the importance of prevention and making informed choices. This observance reinforced the message that small steps toward better health can lead to significant long-term benefits.




## Global Day of Parents (1 June 2026)

Parents are often the first teachers and strongest support systems in every child's life.

On Global Day of Parents, E&H Foundation recognised their role in shaping stronger communities and brighter futures through care, resilience, and dedication. Their contribution remains fundamental in the growth and wellbeing of future generations.



## World Environment Day (5 June 2026)

World Environment Day served as a reminder that environmental wellbeing directly impacts human health and community sustainability.

Through this observance, E&H Foundation encouraged simple yet meaningful actions such as reducing waste, protecting natural resources, and promoting healthier environments. A healthier planet contributes to healthier lives and stronger communities.




## National Cancer Survivors Day (7 June 2026)

National Cancer Survivors Day honoured the resilience and courage of individuals who have faced cancer with strength and determination.

E&H Foundation used this occasion to reinforce the importance of awareness, prevention, regular screenings, and early detection in creating healthier futures. It also acknowledged the critical role of caregivers and support systems in these journeys.




## World Food Safety Day (7 June 2026)

Food safety remains a shared responsibility that begins with everyday practices.

Through World Food Safety Day, E&H Foundation promoted awareness around handwashing, clean drinking water, safe food preparation, and hygiene. These small but essential habits play a vital role in preventing illnesses and protecting community health.




## World Day Against Child Labour (12 June 2026)

On World Day Against Child Labour, E&H Foundation reaffirmed its commitment to ensuring children have access to education, opportunities, and safe spaces to grow.

The observance highlighted the urgent need to protect childhood and create pathways for learning instead of labour. Education remains one of the strongest tools for breaking cycles of poverty and exploitation.



## World Blood Donor Day (12 June 2026)

World Blood Donor Day recognised the selfless individuals whose donations help save countless lives.

E&H Foundation encouraged greater awareness about the importance of voluntary blood donation and its role in supporting emergency care, surgeries, and treatments. A strong healthcare system depends on community participation and acts of generosity like blood donation.




## Father's Day (21 June 2026)

Father's Day celebrated the role of fathers and father figures as mentors, supporters, and pillars of strength within families.

E&H Foundation recognised the guidance, care, and sacrifices that fathers make in shaping healthier and more resilient families. Their role continues to have a lasting impact across generations.




## International Day of Yoga (21 June 2026)

The International Day of Yoga highlighted the importance of physical health, mindfulness, and overall wellbeing.

E&H Foundation encouraged individuals to incorporate yoga into daily life as a simple yet powerful practice that supports both physical and mental health. Even small steps toward wellness can create lasting positive change.






## Muharram (June 2026)

Muharram was observed as a time of remembrance, reflection, and spiritual renewal. Its enduring lessons of courage, sacrifice, compassion, and justice continue to inspire communities around the world.

E&H Foundation extended wishes for peace, harmony, and collective wellbeing, while reflecting on the importance of kindness and inclusivity.




## International Day Against Drug Abuse (26 June 2026)

The quarter concluded with International Day Against Drug Abuse, highlighting the importance of education, awareness, and supportive environments in preventing substance abuse.

E&H Foundation reaffirmed its commitment to empowering young people through informed choices, resilience-building, and community engagement. The observance reinforced the belief that prevention begins with education and strong support systems.

## The way forward

*Our next milestones.*

**900+**
Vidyadhan enrolments

**170**
Peer Learning volunteers (1,000+ students)

**5,000+**
Health camp beneficiaries

**110**
ADORE class students

*Our thanks to the partners, volunteers, field teams, educators, healthcare professionals and community members behind every milestone.*

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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