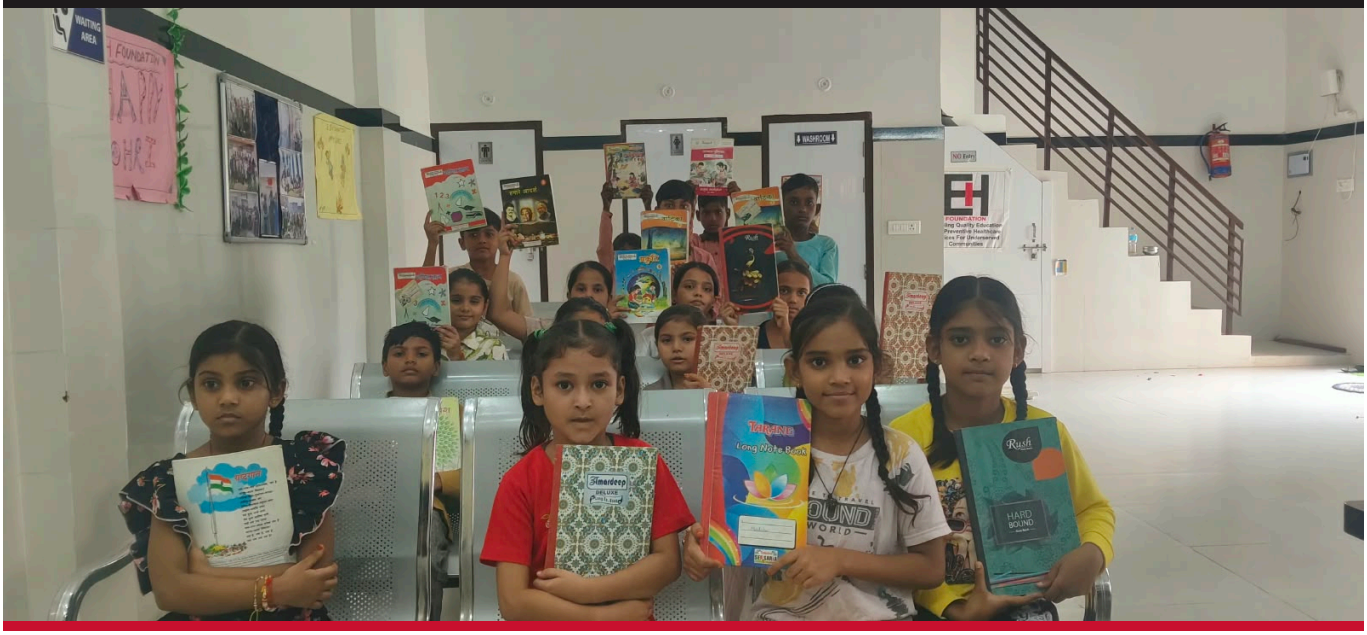
E&H FOUNDATION | QUARTERLY NEWSLETTER

July – September 2026

Empowering communities through education and healthcare



MESSAGE FROM THE CEO



> At E&H Foundation, we believe lasting change begins when every person, regardless of gender, background, or circumstance, has a fair chance to learn, stay healthy, and thrive. Our work is anchored in three commitments: bridging the gender gap, ensuring quality education, and bringing preventative healthcare to the people who need it most. These efforts reinforce one another, and behind them is a team that works relentlessly to make sure every thematic area is touched upon and every beneficiary connected with us has real access to our programs.

Alokananda Chatterjee
CEO, E&H Foundation

Impact so far

Classrooms, scholarships and health camps that kept growing through the monsoon.

02	134	1,384	108	1,110	3,176
Health camps	Health camp beneficiaries	Peer Learning students	ADORE class students	Vidyadhan enrolments	Gyanshala students

Initiatives

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

NAWABGANJ, UTTAR PRADESH · 29 SEPTEMBER

Phase 2 of our Comprehensive Preventive Healthcare Program

Under our renewed partnership with **Ageas Federal Life Insurance Company**, Phase 2 began with an outreach health camp at Panchayat Bhavan, Nawabganj. Mr Anil Kumar Rajput, Chairman, Nawabganj, and Mr Pramod Kr. Vaishya, Executive Officer, Nawabganj, inaugurated the camp with a ribbon cutting and the lighting of the lamp.

More than 85 people were screened for blood pressure and blood sugar and received eye and dental check-ups along with advice from our doctors. Suspected cataract and dental surgery cases were referred to Mission Hospital, PHCs and other government hospitals for further care. The launch was also covered widely in the local media.

85+
people screened at the launch camp

15,000
beneficiaries to be reached in Phase 2

100
children supported through Gyanshala









FARRUKHABAD · JULY

Vidyadhan Scholarship meet-up

Vidyadhan Scholarship students came together at our Health Centre in Farrukhabad for a meet-up and follow-up session. They received eye, dental and general health screenings, joined awareness sessions led by doctors and received career guidance to help them pursue their goals.

Every student also received a water filter for safe drinking water at home. The initiative was made possible with the support of the **Sarojini Damodaran Foundation**.




SHAMSABAD · 30 JULY

Peer Learning Program 2026–27 begins

We trained and inducted **41 student leaders** at our Health Centre in Shamsabad for the 2026–27 session. These older students volunteer as peer mentors, helping primary school children with their studies while building their own confidence, leadership and empathy.

This year the program aims to reach about **1,500 students**. The session was facilitated by Anurag Mishra, Shailendra Shakya, Azam Ali, Sartaj Mohammad and Sanavvar.





GYANSHALAS · SEPTEMBER

The Joy of Giving

This monsoon, raincoats were distributed to children at our Gyanshala community schools and the E&H Health Centre, in association with **Reliance Industries Limited**. A simple raincoat helped them face the rains with more comfort, confidence and joy.





DAAN UTSAV · SEPTEMBER

Giving with purpose

Meaningful change often begins with something small. This Daan Utsav, we invited our community to celebrate the joy of giving, with a new giving initiative launching on 1 October. You can support our work through the QR code at the end of this newsletter.

Impact stories

Early detection and the lasting power of a classroom close to home.



Screenings at our health camp showed that Amir was underweight. Doctors advised further evaluation at a government hospital, and he has chosen to follow their advice and continue his preventive healthcare journey.

Amir Khan · Shamsabad



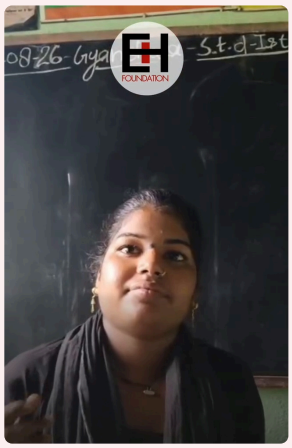
A Class 2 student at our Gyanshala, Arju proudly recites a story about teaching an elephant how to count. Her confidence shows how every new word and every lesson builds curiosity and a love for learning.

Arju · Dalmeer Kha, Shamsabad



With no good school near her home, Chahat studied free of cost at our Gyanshala from Class 1 to Class 5. Today she is a Class 12 student with a dream of becoming a doctor.

Chahat · Ghatiyapur, Shamsabad



When monsoon floods cut off her locality, a Gyanshala close to home kept her learning. Now pursuing a B.Com, Priya also teaches at the same Gyanshala, helping the next generation learn.

Priya Batham · Kashiram Colony, Gadiya Haivatpur

Professional networking

Where we listened, learned and built connections this quarter.

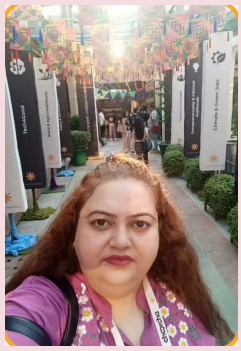
15–16
SEPT 2026

INDIA HABITAT CENTRE, NEW DELHI

Charcha 2026

The 7th edition of Charcha brought together voices from samaaj, sarkaar and bazaar to engage with shared challenges, exchange perspectives and explore pathways for collaboration. For us, it was a chance to listen, learn and engage with ideas that can inform our continued work in education and community development.

Represented by Ms. Alokananda Chatterjee (CEO)





25
SEPT 2026

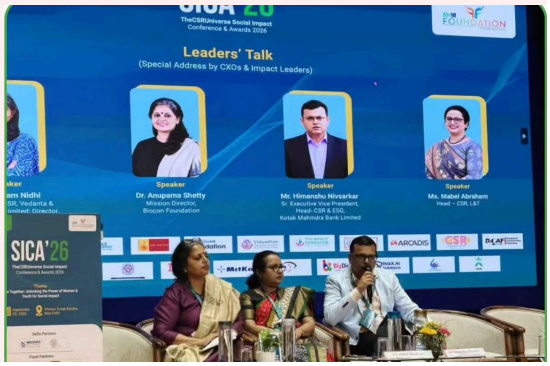
VISHWA YUVAK KENDRA, NEW DELHI

CSRUniverse Social Impact Conference & Awards (SICA'26)

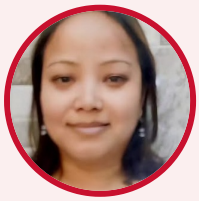
Held under the theme "Rise Together: Unlocking the Power of Women & Youth for Social Impact", the conference brought together CSR leaders, philanthropists and changemakers. Panels covered skilling and livelihoods, women's economic empowerment and the role of technology and AI in bridging development gaps, with voices from Vedanta, Kotak Mahindra Bank, L&T, HCLTech, Jindal Steel and many more.

Represented by Ms. Alokananda Chatterjee (CEO)





Team spotlight



WELCOME TO THE TEAM

Trishna Barman | Manager, Fundraising and Programs

We are delighted to welcome Trishna to the E&H Foundation family. We look forward to her contribution as we grow our partnerships and our work in education and preventive healthcare.

Days we marked

Each observance took awareness to the grassroots, from health talks to children's art and plantation drives.



Doctor's Day (1 July 2026)

The quarter began by celebrating the dedication, compassion and service of doctors who improve lives through treatment, prevention and education.

In a special message, our Dental Consultant, Dr. Rahul, spoke about the importance of good oral health and how simple daily habits can prevent dental problems before they begin. We thanked him and every doctor whose care continues to inspire hope.



Growing Communities, Growing Support (14 July 2026)

As communities grow, so must the systems of care, education and opportunity that support them.

We reaffirmed our commitment to preventive healthcare, reproductive health and family planning awareness, and to empowering women, girls and young people. Sustainable development begins with investing in people, and no one should be left behind.



World Youth Skills Day (15 July 2026)

Young people need practical skills, digital literacy, communication and confidence to turn their potential into opportunity.

E&H Foundation reaffirmed its commitment to supporting young people from underserved communities with quality education, skills, guidance and career opportunities, because investing in youth strengthens families and generations to come.



Nelson Mandela International Day (18 July 2026)

Mandela Day reminded us that each of us can make a difference, whether by supporting a child's education, promoting health awareness or planting a tree.

Our teams and children marked the day with acts of service, including tree plantation. Small actions and shared responsibility can create lasting change.



International Self-Care Day (24 July 2026)

Self-care is a commitment to overall wellbeing, from nutritious food and staying active to good hygiene, mental health and regular check-ups.

To mark the day, E&H Foundation organised a Self-Care Awareness Session at its Health Centre, encouraging community members to adopt healthy habits and prioritise preventive care.



Kargil Vijay Diwas (26 July 2026)

We paid heartfelt tribute to the brave soldiers who defended our nation with extraordinary courage and resilience.

Children at our centres honoured the heroes of the Kargil War through art and flags. Their legacy of service, integrity and selflessness continues to inspire us to build healthier, educated and empowered communities.



World Hepatitis Day (28 July 2026)

Hepatitis affects millions of people, yet many remain unaware of their condition until complications arise.

E&H Foundation promoted awareness, timely testing and healthy habits such as vaccination, good hygiene and safe drinking water. Early detection saves lives, and informed communities are better protected.



Guru Purnima (29 July 2026)

Guru Purnima was a day to celebrate the educators, mentors and guides who inspire curiosity and confidence.

We expressed our gratitude to every teacher and mentor who guides young minds with patience, compassion and dedication. Education remains one of the most powerful tools for lasting change.



International Friendship Day (30 July 2026)

Friendship teaches kindness, empathy and trust, and helps children grow into confident and compassionate individuals.

Children at our Gyanshalas celebrated the friendships that help them learn and grow together, reminding us that positive relationships are at the heart of strong communities.



National Handloom Day (7 August 2026)

India's handloom heritage is woven with generations of skill, dedication and craftsmanship.

E&H Foundation celebrated the artisans whose work preserves our cultural traditions, strengthens local livelihoods and promotes community self-reliance, and encouraged support for local craft.



International Youth Day (12 August 2026)

Education gives young people the knowledge and confidence to make informed choices and pursue their aspirations.

From volunteering and peer learning to community initiatives, every young person can make a difference. We marked the day by listening to young voices and supporting their dreams.



World Organ Donation Day (13 August 2026)

A conversation about organ donation can be the beginning of hope for someone waiting for a transplant.

E&H Foundation encouraged everyone to learn about organ donation, discuss their wishes with their families and seek information from reliable healthcare professionals, so that informed choices can be made.



Independence Day (15 August 2026)

On India's 80th Independence Day, we celebrated the India we dream of, where every child has access to education, every community has access to healthcare and every individual can thrive.

Children at our centres marked the day with flags and colour. Nation building begins at the community level.



World Humanitarian Day (19 August 2026)

Humanitarian action begins with putting people first.

Through our Gyanshalas and community health camps, E&H Foundation works to ensure that everyone has access to knowledge, care and opportunity. Creating a better world is a collective responsibility, and every act of care counts.



World Senior Citizens Day (21 August 2026)

As we age, regular screenings and preventive care become increasingly important, from monitoring blood pressure and blood sugar to caring for eyes and teeth.

Through our health camps, we encouraged seniors to prioritise their health, attend regular check-ups and never ignore changes in their wellbeing, because prevention has no age limit.



Eid-e-Milad (26 August 2026)

Eid-e-Milad was an opportunity to reflect on the values of compassion, kindness, humility, generosity and service to others.

Children at our centres shared greetings and drawings. We hope the occasion inspires everyone to lead with kindness and contribute to a healthier, more inclusive society.



Onam (26 August 2026)

Onam celebrates togetherness, gratitude, generosity and the joy of sharing.

Children marked the festival with colourful floral rangolis. True prosperity means ensuring that everyone has the opportunity to live, learn and thrive.



Raksha Bandhan (28 August 2026)

Raksha Bandhan celebrates the bonds of love, care, trust and protection that connect us.

The spirit of protection goes beyond family. It is also about creating communities where children and families feel safe, supported and empowered. Children at our centres celebrated the festival together.



National Sports Day (29 August 2026)

Regular physical activity helps children stay fit, improve focus and build strength, confidence and teamwork.

Children at our centres played games and sports together. Access to play should not depend on where a child lives, and preventive healthcare begins with healthy habits from an early age.



Krishna Janmashtami (4 September 2026)

Janmashtami is a celebration of faith, love, compassion and hope.

Children at our Gyanshalas dressed up as Krishna and Radha to mark the festival. The stories of Lord Krishna remind us of courage, compassion towards others and standing up for what is right.



Teachers' Day (5 September 2026)

A teacher's impact goes far beyond the classroom.

Through our flagship Gyanshala program, teachers create learning spaces where every child can learn, participate and build a stronger future. We thanked every teacher whose patience, dedication and belief in their students shapes lives.



International Day of Clean Air (7 September 2026)

Clean air is part of community health. Air pollution affects breathing, lung health and overall wellbeing.

Our teams and children spread awareness about reducing waste burning, protecting green spaces and making informed everyday choices for healthier surroundings.



International Literacy Day (8 September 2026)

Literacy begins with access to education. When children learn to read and write, they gain the tools to shape their own journey.

Through our Gyanshala program, children read, write, ask questions and learn together, making education more accessible to underserved communities.



World First Aid Day (12 September 2026)

Everyone can learn basic first aid: how to respond to common injuries, stay calm, seek professional help and support others until help arrives.

First aid awareness is an important part of preventive healthcare, and prepared communities can respond with greater confidence when it matters most.



Hindi Diwas (14 September 2026)

Language is more than a means of communication. It connects us to our culture, emotions and identity.

Jainab, a student at our Gyanshala, expressed her love for Hindi through a poem. Education gives every child the confidence to learn, express and find their voice.



Ganesh Chaturthi (14 September 2026)

Lord Ganesha reminds us of wisdom, courage, compassion and perseverance, values that help build stronger communities.

Children at our centres celebrated with art and flowers. We wished every family health, happiness and prosperity.



World Patient Safety Day (17 September 2026)

Safe healthcare begins with awareness, communication and informed participation.

Patients and families play an important role in their own care by sharing information, asking questions and following medical advice. Our health staff encouraged safer care through clear conversations and collective responsibility.



World Alzheimer's Day (21 September 2026)

Alzheimer's disease and other forms of dementia can affect memory, thinking and everyday life. This year's theme reminded us: the earlier you know, the more you can do.

Staying active, eating well and managing blood pressure, diabetes and cholesterol can reduce the risk. Regular health checks and timely guidance support healthier ageing.



World Pharmacists Day (25 September 2026)

Clear conversations help people understand their health and the care they receive.

Our health staff take the time to listen, explain and guide beneficiaries, and work with ASHA workers and community health teams so that medicines, information and awareness reach people where they are.



World Heart Day (29 September 2026)

A healthy heart starts with prevention. Blood pressure, blood sugar, cholesterol and everyday habits all shape heart health.

The quarter closed with a reminder to know these risk factors, build healthier habits and stay attentive to regular health checks, as our camps continue to make prevention part of everyday community life.

In the news

The Phase 2 launch at Nawabganj made the local papers.



The launch of Phase 2 of our Comprehensive Preventive Healthcare Program with Ageas Federal Life Insurance Company at Nawabganj on 29 September received wide coverage in the local media.

The way forward

Our milestones for October to December 2026.

~70	~7,000	~1,400	108	~3,176
Health camps	Health camp beneficiaries	Peer Learning students	ADORE class students	Gyanshala students

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

SUPPORT OUR WORK

Help a child learn and a family stay healthy

Every contribution supports our Gyanshalas, scholarships and preventive health camps. **No contribution is small.**

Scan to give through UPI

E&H FOUNDATION

Empowering communities through education and healthcare

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