

ANNUAL REPORT

FY 2023-24



**A 10-YEAR
JOURNEY OF
EMPATHY,
SERVICE,
AND TRUST**





**Envisioning a healthy,
sustainable world.**

**Pursuing a mission of
quality healthcare for all.**

Our Vision

A sustainable world where everyone can live a healthy life in all its fullness and dignity through easy access to health services.

Our Mission

Koshika is a non-profit committed to inspiring hope and contributing towards quality care by:

- i) Enabling needy children with congenital heart defects to live a healthy and full life.
- ii) Preventing blindness amongst all needy and underserved age-groups, particularly the aged, enabling them to live a life of independence and dignity.
- iii) Promoting community health.
- iv) Synergizing collective goodwill and resources of the privileged amongst us to help and uplift our deprived fellow humans.



Message From Team Koshika

10 years ago, a simple idea took shape: to serve selflessly those who are unable to fend for themselves, those who are unable to access basics of life. Recognizing the right to live, as fundamental even for the marginalized sections of the society, attention was focused on offering healthcare services to the needy and the underserved. The outcome had to be quantifiable and meaningful for the impact to be materially felt by the beneficiaries, and trusted by the donors.

Efforts commenced in the year 2014 by offering free cataract surgeries to the needy, enabling clear sight, independence and dignifying life particularly in the senior years. Over the last 10 years, this has grown to offer a complete bouquet of services in Eye-care, entirely free for the needy and underserved patients: Cataract surgeries, major eye surgeries (vitrectomy, trabulectomy), cornea transplant surgeries, children's eye cancer treatment, establishing Primary Eye-care Centres. **Today Koshika offers 1000 + free eye surgeries each month.** The Eye-care services are spread through 9 Hospital partners over 8 locations pan India; one more is being added now.

The stirrings of empathy led us to extend services for offering succour and hope through free heart surgeries for children (new-borns to 18 years of age). Working presently with two partner Hospitals across two locations, the efforts are aimed at offering a new lease of life to children born with afflictions that are quite expensive to treat and mostly unaffordable for the young parents.

We at Koshika are humbled that with God's grace, so many beneficiaries over the years have given us the opportunity to serve them. We also feel honoured that so many donors have reposed their faith in us and extended unflinching support to Koshika's cause. **On our part, we continue to ensure that 100% of your donations reach the beneficiaries.**

Together, the beneficiaries and the donors, have allowed us to impart meaning to their lives and ours. Together, we continue to nurture our souls!

Somesh Sehgal

Sunil Tandon





Koshika: a Decade of Empathy, Service & Trust Dignifying & Saving lives



**3 lakh
lives**
touched in
13 locations
across India



Starting
from
100 surgeries,
**presently
supporting
over 1000 free
eye surgeries
each month**



Partnering
with
**9 eye
hospitals**
**2 heart
hospitals**
**2 vision
centres**
**2 charitable
OPD clinics**



We support not just cataract surgeries but also diagnosis and **treatment of eye cancer** in children and complex **cornea transplant procedures**.

When it comes to heart care, we support children from new-born babies to 18 year olds. These include **both cath procedures** and **open heart surgeries**.



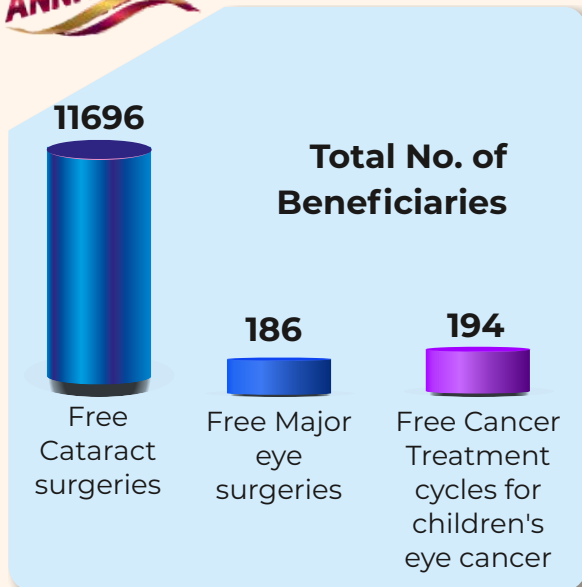
Sunita Sapra
COO, Karam Group

“ At KARAM, we take immense pride in our association with Koshika Foundation. Their initiative of offering quality eye care free of charge and treatment of children suffering with congenital heart defects is truly commendable.

The Koshika team goes an extra mile in terms of transparency, sharing detailed feedback and proof of treatment/ surgeries which builds a great foundation of trust and gratitude for years to come. ”



Impact in year 2023-24



Free Medicines Distributed

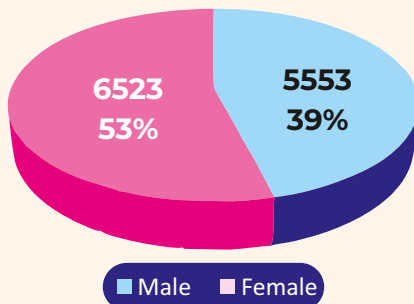
Charitable Clinics
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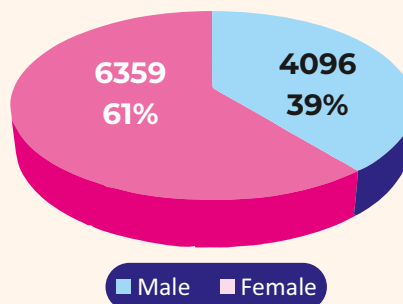
Free children's heart surgeries.

53

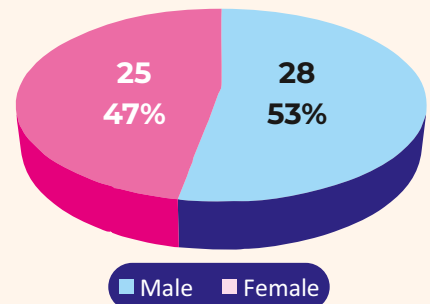
Eye Care



Community Health Care



Children Heart Care



Why support Eye care and Heart care?



80% of all sensory inputs of the world come through the eyes. Losing sight, therefore, causes a disconnect from the world and dependence on others. Support for restoring sight and preventing blindness can light up the lives of many a needy & underserved people, and allow them to live a life of independence and dignity.

About 50% of children born with congenital heart defects die for want of treatment by their 5th birthday. Support for them can help save little hearts, giving a chance for precious little lives to bloom.



A glimpse into lives Koshika has touched and healed recently.

Turning Tears into Smiles: Baby Shweta's Journey from Darkness to Light



Baby Shweta

14-month-old Baby Shweta was diagnosed with **congenital glaucoma**. Her father, Sonu Kumar, from a village in Gorakhpur district, UP, worked as an electrician in Delhi and was struggling to make ends meet.

Doctors advised **trabeculectomy surgery** on both eyes, an expensive procedure costing approximately Rs. 1 Lakh. Sonu was crestfallen, as the amount was far beyond his means. There was no way he could bear this financial burden, even though the surgery was imperative to save Baby Shweta's vision. Delaying the procedure could lead to permanent damage to the optic nerve and loss of vision. **A little child faced the terrible prospect of a life**

of darkness and complete dependence.

It was then that **Koshika Foundation** agreed to support the two surgeries, giving the child hope for a brighter future.

Baby Shweta was successfully operated on and is now a normal, chirpy girl, curiously exploring the wonderful world around her, just as a child should be.

*As we work to create light for others,
we naturally light our own way
– Mary Anne Radmacher*



A ray of hope. Bringing light back to Khusiram's life.



Under the expert care of the doctors and staff at Dr. Shroff's Charity Eye Hospital, Alwar, Khusiram successfully underwent a cataract surgery.

Khusiram, a 50-year-old daily wage earner from the village of Bureda in Alwar, Rajasthan, was faced with the imminent threat of deprivation as he progressively lost his ability to work over the last year due to failing sight. He and his wife depended on their meagre daily earnings, with almost nothing to fall back on.

Initially, Khusiram could not consider seeking medical attention due to his already strained financial situation. As time passed, his deteriorating sight made it difficult for him to even recognise faces and perform daily tasks. He was mocked and ridiculed for the inability and dependence resulting from his condition. The consequent embarrassment and isolation made Khusiram withdraw from social interactions and become a recluse.

In the midst of this gloom, came a ray of hope when Khusiram learned from a camp held in his village about the possibility of getting medical assistance. Diagnosed with **cataract**, Khusiram was assured not only of a free surgery (which was unaffordable for him) but also free to-and-fro transportation to the Hospital.

Khusiram recovered gradually and his vision improved. He has now regained complete clarity and sharpness in his eyesight, allowing him to return to his work and resume his life with dignity. The restored vision has brought renewed joy and a sense of purpose to Khusiram's life.



Sudeep Saha
ae Graphics

“The commitment shown by Koshika towards the cause is unparalleled. They are truly a “not-for-profit” foundation for the underprivileged. To guarantee that 100% of our donations reach the ultimate beneficiary is unheard of. Additionally, the detailed feedback and proof of utilisation that is sent is much appreciated. The passion of the Trustees is truly uplifting, and I really wish Koshika our very best in their endeavours.”

”



From Darkness to Dawn: Rahul's Journey of Hope with a Cornea Transplant



Rahul Kumar, a resident of Hazipur near Patna, Bihar, was a young man of 17, full of zest and dreams for the future. In an unfortunate turn of events, he was affected by **conjunctivitis**. He consulted a local doctor who prescribed some eye drops. This seemingly harmless action led to a life-changing ordeal, afflicting Rahul with corneal blindness.

Frantic, Rahul consulted a second doctor in the hope of a cure but learned that there was no treatment for his condition. As each day passed, Rahul's despair grew, as did the burden on his family. Imagine the mental state of a 17-year-old and the desperation of his parents.

Considering his family's financial situation, Rahul decided to leave his village and move to Haryana in search of a job to contribute to his family's meagre income. He found employment at a small juice shop where he worked as a daily wager. As luck would have it, he met a kind-hearted local customer who noticed Rahul's struggle and suffering.

The customer advised Rahul to visit a nearby Vision Centre in Sonipat. On examination, Rahul was advised that a corneal transplant could resolve his problem.

There was despair again considering the family's already stressed financial condition. But soon Rahul was advised to seek help from the **Koshika Foundation**. The matter was settled as Koshika supported the surgery, making it completely free for Rahul. Thus began Rahul's journey to light and hope.

Rahul underwent a corneal transplant surgery at Dr. Shroff's hospital and received a second chance at sight with the support of Koshika Foundation. Today, Rahul's vision is restored, his life is transformed and he can look forward to a bright future where he can provide for his family and help his ailing brother.

There are over 200 Videos of Eye care & testimonies from beneficiaries of heart surgeries on the Koshika Foundation channel on YouTube

[Click here to see](#)





Young Nitish was admitted to the hospital, and his condition was assessed for operability, considering the complexity of the procedure. It involved closing a hole in his heart, replacing a heart valve, and reconstructing the main pulmonary arteries – a highly challenging 14-hour surgical procedure. Nitish was on a ventilator for 2 days and began to recover gradually. By the 5th day, he was walking like a normal child and had absolutely normal oxygen levels.

Nitish's New Beginning: A Story of Medical Miracles



15-year-old Nitish Kumar was born a 'blue baby' in 2008 in Bihar. Diagnosed with a hole in his heart at the age of 5, Nitish grew up severely disabled, unable to even walk 100 metres. He couldn't attend school or experience a normal childhood. His father, an e-Rickshaw driver, couldn't afford the necessary medical treatment, and Nitish was turned away from a few government hospitals.

When Nitish was 14, the family finally saw a glimmer of hope during one of their hospital visits. After extensive investigations, Nitish was advised to undergo two surgeries in stages. The hospital informed them that the procedures required a substantial sum of money, which the family couldn't afford. They were then referred to the **Koshika Foundation**. Following extensive due diligence and consultations with the specialists, Koshika decided to support the surgeries.

Nitish's pulmonary arteries were found to be too small, requiring an initial **open-heart surgery** to enable the growth of arteries to his lungs for the subsequent procedure. Nitish recovered well after the first surgery and was discharged with advice to return in 4 to 6 months for the second surgery. A long delay could render him inoperable. As time passed, the doctors expected Nitish to return for his second surgery, assured it would be free of charge. However, Nitish did not return even after 8 months. It was discovered that the family couldn't afford his travel to Delhi. Funds were arranged for his travel, and once again, Koshika stepped in to cover the cost of the second surgery.

*Now, Nitish Kumar is cured for life.
He leads a productive life, thanks to the dedicated team
of doctors at Narayana Super Speciality Hospital and
the unwavering support of Koshika.*

[Click here](#)

[view a conversation with Nitish's father.](#)

Unique functioning. Total transparency. Complete accountability

Koshika's unique functional distinction is the fact that every rupee collected is spent on specific treatments and procedures.





A little heart healed: Pradhyuman's story of courage and care

Pradhyuman Singh Hooda, a lively and resilient one-year-nine-month-old boy, hails from Kota in Rajasthan. His father, Mr. Virendra Singh Hooda, works at a medical store, while Pradhyuman's mother is a dedicated homemaker.

Despite his tender age, Pradhyuman's journey has been fraught with medical challenges. At birth, he was diagnosed with a complex heart condition known as an Aortopulmonary (AP) Window. Additionally, his condition was further complicated by a suspected large distal AP window, though his coronaries were fortunately normal.

His family sought the expertise of a specialist at the renowned Narayana Multispeciality Hospital in Jaipur.

Pradhyuman was recommended a life-saving surgery, costing approximately ₹ 1.50 Lakhs. The family's journey has not been easy. His father, while committed to providing for the family through the modest earnings from his job, could not bear the huge financial burden of the surgery.

After extensive due diligence and discussions with the specialists at the hospital, **Koshika** decided to bear the cost of the surgery.

Pradhyuman's story is a poignant reminder of the incredible resilience of the human spirit and the boundless love of a family fighting together for their child's future.

Now, Pradhyuman is cured. Thanks to the dedicated team of doctors at Narayana Multispeciality Hospital and the unwavering support of Koshika, Pradhyuman can now look forward to a healthy future.



Our Code of Ethics

Trustees / volunteers
do not draw any
salary or expenses

All admin expenses
paid by trustees

Every Rupee donated
is tagged with
specific surgeries

Proof of use with tagged
surgeries and beneficiary
details sent to each donor



Acknowledgements

As we complete 10 years of service to the community, we wish to express our heartfelt gratitude to all the individual and corporate donors who have supported us with generous contributions over the years. We also extend our thanks to all the hospitals, doctors, and paramedical staff for their compassion and commitment to providing quality patient care.

Thank you for believing in us and partnering with us in our initiatives. Going forward, we reiterate our commitment to helping underprivileged adults and children lead normal and dignified lives. We look forward to your continued encouragement and support.

We also thank our advisors and champions who have been extending unstinting and free support for our work.

Koshika Foundation **NURTURING SOULS**
June 2024

Koshika and Dr. Shroff's help sustain the indomitable spirit of 'Saini Sahib'

Kushal Saini is a 10 year old boy from Dastak and a Retinoblastoma survivor. Kushal's mother herself is a polio victim and walks on crutches. Identified with Retinoblastoma, a deadly cancer around 7 years ago, Kushal, who insists on being called 'Saini Sahib', has displayed a fighting spirit and continues to have a positive attitude, despite losing sight in both eyes.

Kushal is now in remission. Today he is a lively, bubbly child who loves to interact with people and narrate stories.

Kushal underwent **22 rounds of chemotherapy** (usually it is 6 to 8 rounds and 22 is a lot!). Also had **both eyes removed surgically** to prevent spread of cancer.

Retinoblastoma

Indian Scenario	International Scenario
50% children have advanced disease at presentation - due to this cancer	Survival of sight & life as high as 90% in Western countries
Overall survival sight & life - mere 50%	

Problem in India is often very late detection and treatment caused by financial constraints and lack of access to medical facilities and latest diagnostic/treatment techniques. Koshika and Dr. Shroff's Charity Eye Hospital have come together to help children like Saini Sahib fight this deadly disease, with latest technology and infrastructure.

Dr. Shroff's & Koshika jointly offer state-of-the-art diagnostics & treatment

Koshika in service

We wish to take this opportunity to inform you that we are now sharing the periodic issue of 'NURTURING SOULS' with all our well-wishers.

For further details on Koshika Foundation and how you can participate in our movement, visit or contact:

Koshika Foundation

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www.koshika.org