

Annual Report

2022 - 2023

Koshika
Foundation

Our Activities

1 Eye Camps

2 Netra Kendras
(Primary Eye-care)

3 Eye surgeries



4 Children heart surgeries

5 Community health



Impact

4708

Free eye
screenings
in camps

5169

People
checked up
in Netra Kendras

254377

TOTAL PEOPLE
SERVED
till date

8254

Free eye surgeries
supported

38

Free children's
heart surgeries
supported

28006

TOTAL PEOPLE SERVED
in FY 2022-23

9837

Recipients of free medicines
in Charitable Clinics

The Stories that inspire us to do more

DIGENESH - the 1 year 5 months old son of a clerk from Kota, Rajasthan

This child was suffering from a heart disease from birth. Digenesh would often turn blue and had shortness of breath on exertion - conditions which were expected to worsen as he grew, even threatening his life.

The open heart surgery needed to help Digenesh overcome this disease was expected to cost around Rs 3 lacs, a hefty amount that his parents could not afford. Heartbroken they were worried to think if they could even save their child.

Koshika was approached and the open heart surgery was conducted with funding provided by Koshika.

The child recovered and is now doing well. A little life was saved thanks to the donor's family of Koshika.



“First let a little love find entrance into their hearts, and the rest will follow”



*“Have a heart, save
a life”*

Manendra, the young 16 year old boy used to suffer frequently from fever, cough, shortness of breath and nausea. He had lost his father and the mother was working as a farm labourer in their village Nagala Amara in Hathras, U.P. Theirs was a family with limited means as the mother was earning a paltry Rs 3500 per month. Faced with frequent bouts of ill health, they would visit Doctors every now and then. About 2 years ago, Manendra was suspected to be suffering from a heart disease. They were advised to come to NH Multispeciality Hospital in Jaipur. On thorough investigations by Doctors, including an echo & ECG etc., at the Hospital in November'22, Manendra was to have a serious heart disease wherein two of his heart's four valves were seriously malfunctioning. By this time, Manendra was presenting severe symptoms like shortness of breath on walking fast or going up the stairs. In fact, he was also suffering from rheumatic fever in the course of his first admission to the NH Hospital, and had to be discharged to complete his recovery from that. Prognosis for the future was a serious threat to life, if the disease was left untreated. The Doctors recommended a open heart surgery for replacing two valves of his heart.

The serious open heart surgery for 'double valve replacement' was expected to cost more than Rs 4 lacs. The mother was unable to afford this expensive surgery, and was heartbroken at the prospect of not being able to save her only child for want of money.

Koshika Foundation was approached. Manendra's surgery was funded by Koshika, and was performed in February, 2023. The boy recovered and is now doing well.

Rathnamma, a 60 years old woman, is from a poor background with BPL - Below Poverty Line - status. Her husband is an alcoholic and she is living in a rented house in Amruthahalli, Bangalore. Her daughter, whose husband left her, also lives with Rathnamma.

Rathnamma had been working as a flour seller, but she was not working for last 6 months; she was unable to do her daily activities due to blindness. She was facing difficulty in even walking due to cataract in both eyes. She had become completely dependent on her daughter, who was working as a maid.

Rathnamma was unable to pay for her cataract surgeries.

Approaching an eye camp, she was screened and shortlisted for a free surgery with Koshika's support. She was picked up from the camp site, transported to the Hospital, and made to stay there for two days. During this time, she underwent the necessary pre-surgery tests, was operated upon, and finally discharged with free post-op medicines, and then taken back to the camp site. All these activities, transportation, tests, surgery, food at the hospital, were completely free for Rathnamma.

Rathnamma regained her sight and is confident of doing her daily routine work by herself. She and her daughter are very happy and expressed their thanks to Koshika, the Hospital, the Doctors and the staff.



“Of all the senses, sight must be the most delightful”



**“As we create light
for others, we
naturally light our
own way”**

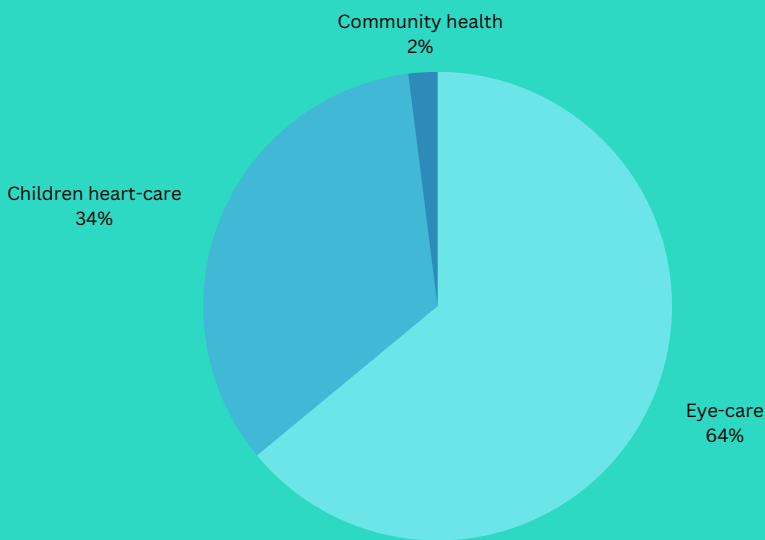
Phatteram, the 69 years old – now retired farm worker – lives in Masani village of Deeg, Distt. Bharatpur, Rajasthan. As a result of progressing blindness, he has been unemployed for the past six years. His older son is currently the only earning member in the family of five, while his younger son assists the brother in the fields.

Initially as Phatteram’s vision began to become blurry, he was forced to withdraw from work and started spending time playing with children and helping his wife with domestic chores. Gradually he became increasingly dependent on others. He would fall in the pits and the kids would tease him. As the locals began making fun of him for being blind, he began to live alone in the house and stopped interacting with them.

He then heard from a neighbour about the Netra Kendra at Deeg. He went there with the help of his wife, and was screened and diagnosed with cataract in both eyes. But he could not afford the surgeries.

Koshika stepped in and paid for Phatteram’s cataract surgery. In Phatteram’s words (translated here): “I am very thankful to all for making me so comfortable, helping me to see the world again. From now onwards I will be not dependent on others for my day to day work. I will be able to go out independently. I will be able help my wife again and do household activities. I had lost my faith in being able to see again, but it became possible thanks to all of you.”

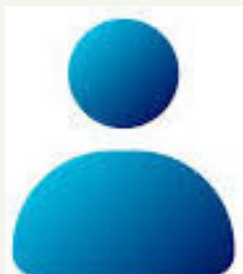
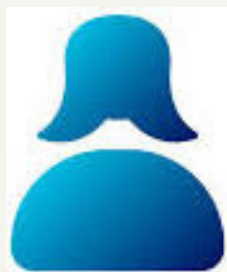
Where the money goes



100%
of the
donations
only for the
beneficiaries

Eye-care

55%



45%

Heart-care

42%



58%



Age Profile of Beneficiaries

Eye-care

1+ to 15 Years	15+ to 30 Years	30+ to 45 Years	45+ to 60 Years	60+ Years
1	19	291	2641	5302

Heart-care

1+ to 5 Years	5+ to 10 Years	10+ to 18 Years
15	10	13

Koshika - the Cause, the Inspiration and the Method

Koshika continued its mission to help the needy with eye-care and children's heart-care through the year 2022-23.

Recovering from the post-covid slowdown, Koshika went ahead to increase the eye surgeries as well as the children's heart surgeries. The donors were very supportive, enabling Koshika to once again begin moving in high gear.

The support for needy people with distribution of free medicines continued for the needy people in urban areas, where healthcare costs have been increasing sharply. This work continued through the Charitable OPD Clinics under the aegis of Arya Samaj and a Gurudwara.

At the close of the year 2022-23, Koshika had touched the lives of 2,54,377 people.

Koshika's hand of help was extended in different parts of India, through 10 eye hospitals in 9 locations, 2 heart hospitals in 2 locations, 2 primary eye-care vision centres, and 2 charitable OPD clinics – spread over Northern, Eastern and Southern parts of India.

At Koshika, we continue to be inspired by the Gita:

सक्ताः कर्मण्यविद्वांसो यथा कुर्वन्ति भारत ।
कुर्याद्विद्वांस्तथासक्तश्चिकीर्षुर्लोकसङ्ग्रहम् ॥
३-२५॥

As the "ignorant" men act from attachment to action, O Bharata, so should the "wise" men act without attachment, wishing the welfare of the world

And Koshika continued with its avowed policy to guarantee that 100% OF THE DONATIONS RECEIVED, REACHED THE BENEFICIARIES. The meagre administrative expenses were paid by the Trustees out of their personal funds.

Above all, Koshika continued its responsibility to all stakeholders – donors, beneficiaries and all others – by maintaining complete transparency and credibility in its work. Proof of Use of donations continued to be shared with all the donors, besides being available on the website www.koshika.org.

Abiding by the highest ethics, the Trustees continue to NOT DRAW any remuneration or expenses from Koshika. There are no paid employees. Trustees and volunteers work free of cost – with only the desire to serve the needy.

Acknowledgements

First and foremost, we are grateful to all our donors for reposing their trust in us, and coming forward to help the needy. Their positive action helped transform many lives.

We also express our gratitude to all the beneficiaries who gave us an opportunity to serve them.

Our partner hospitals are an integral and important part of implementing Koshika's mission. Without their ongoing support, it could not have been possible for Koshika to extend its reach and service to the needy, while ensuring good medical outcomes for the beneficiaries.

We are grateful to Digitactix, Mumbai (Ms Ankita Gupta & team) for handling our social media posts. We also highly appreciate the efforts of Codefire Technologies (Mr Pranjal Srivastava & team) in maintaining our website. These people contribute their efforts for Koshika and its cause, free of cost, out of their desire to help in serving the needy.

And last but not the least, we are forever indebted to all friends and well-wishers who have continued, since our inception, to lend us support in all our efforts.



Trustee



Managing Trustee