

From the Desk of Chitra Viswanathan

Co-founder & Managing Trustee, Aishwarya Trust

I take this opportunity to wish all our donors, well-wishers, volunteers, and friends a very Happy New Year! I would also like to greet you all on the auspicious occasion of Makar Sankranti and Pongal. May the New Year bring you good health, prosperity, and happiness.

The fourth quarter of 2019 was an eventful one for us at Aishwarya Trust. Together with Dr. K.R. Balakrishnan, India's foremost Cardiac Surgeon, and his team of Cardiac Specialists, Aishwarya Trust officially joined the MGM Healthcare team on November 1, 2019. Located in Aminjikarai, MGM Healthcare will now be our primary hospital in Chennai. This partnership marks a new beginning and a renewed commitment to saving young lives by providing the very best in Paediatric Heart Care.

We look forward to continuing our work of providing timely medical and financial support to the needy, underprivileged families with children suffering from congenital heart defects. We have made a significant impact over the past two months since we started our work at MGM Healthcare. To date, we have supported 105 children in need of medical intervention and fully funded two heart transplant surgeries for deserving patients.

Screening camps are vital to realizing our vision of reducing infant mortality. On November 13, Aishwarya Trust, together with our donor HDFC Life, sponsored a screening camp at NHRM/RBSK, Villupuram, TN. A team of Doctors and assistants, led by Dr. Rajesh Kumar, screened 124 children for congenital heart defects. 22 of these children were identified and referred for immediate medical intervention and care. We were fortunate to have Mr. Subrato Roy, VP Marketing and CSR, at HDFC Life visit the screening camp and witness our work first-hand.

The first Donor Engagement Event held at MGM Healthcare coincided with the Children's Day celebration on November 14, 2019. Mr. Subrato Roy's visit provided an excellent opportunity for our beneficiary children and their families to meet with their sponsor-donor at a relaxed, fun-filled event. The children were delighted to be greeted with balloons and gift bags.

Aishwarya Trust has recently launched its new website. We hope to bring more content in the future as we grow with our partner hospitals and build on our Donor relationships. Please check the new site at <https://www.aishwaryatrust.org>.

We hope you enjoy reading this edition of our newsletter as much as we have enjoyed bringing it to you. Best wishes.

Chitra Viswanathan



Dr. Prashanth Rajagopalan of MGM Healthcare warmly welcomes Ms. Chitra Viswanathan

SCREENING TO SAVE LIVES

Aishwarya Trust's vision is to save little hearts and bring down the infant mortality rate. In alignment with this vision, the Trust's main objective is to raise awareness that Congenital Heart Disease (CHD) is the #3 reason behind infant mortality. CHD is a condition that is treatable if detected early, therefore, timely screening is critical.

Aishwarya Trust, in collaboration with partner hospitals, organizes screening camps across small towns and villages. These camps provide economically challenged families an opportunity for early detection and timely correction of CHD as well as identify children suffering from critical conditions like complete heart failure.



One in 110 babies is born with a broken heart making this the most common birth defect in the world. Do help us mend the broken hearts by supporting Aishwarya Trusts comprehensive program."

*Dr. V. K. Swamy,
 Senior Paediatric Cardiologist,
 Medical Adviser Aishwarya Trust.*

If detected early, these children have a chance at a new lease of life and an opportunity to build a bright future for themselves. To help us bring screening camps across more centers and more towns, we need your support and donations. Together, we can save more young lives.



Dr. Rajesh Kumar screening a child using Echocardiogram at the Villupuram Screening Camp



*Dr. Rajesh Kumar,
 Paediatric Cardiologist*

The major aim of our Screening Program is to eradicate Congenital Heart Disease in children by identifying them at the early stages. The prevalence of CHD is high among rural populations and underprivileged families. Lack of infrastructure and Specialists make it difficult to diagnose them at earlier stages. So, we go to these places with screening equipment like Echocardiogram machine and screen all the children suspected to have heart disease. We identify and bring them to our tertiary center and provide them with quality care and treatment with the help of the State Government Scheme and Aishwarya Trust funding. So far, we have covered Villupuram, Tiruvannamalai, Trichy, Vellore, and Chengalpattu. We want to extend our work to other districts like Kanchipuram, Cuddalore, Tiruppur, and more. With the Aishwarya Trust Screening Program, we hope to treat 500-600 children with heart disease every year."



TURNING A PERSONAL TRAGEDY INTO A CAUSE FOR GOOD



Tragedy should be used as a source of strength. No matter what sort of difficulties, how painful our experience is, if we lose our hope, that is a real disaster”

- The Dalai Lama

On October 11, 2019, I was invited to speak at the International Paediatric Conference held at the Sanjeevani Satya Sai Hospital, Raipur. It was a privilege and honor to share the story of Aishwarya Trust in front of a knowledgeable audience comprising renowned doctors, nurses, paramedics, medical students, and others.

I am often asked how did I turn my grief and loss into a cause for the greater good? This was the topic of my speech, which was very well-received at the Paediatric Conference. It earned a lot of support and goodwill for the Trust's work.

YET ANOTHER RECOGNITION FOR AISHWARYA TRUST

On December 10, 2019, Aishwarya Trust was honored by Meenakshi Mission Hospital and Research Centre, Madurai, for saving lives of young children suffering from CHD.



AISHWARYA TRUST WELCOMES HDFC LIFE TO MGM HEALTHCARE

Aishwarya Trust's first Donor Engagement Event at MGM Healthcare also coincided with Children's Day celebration. The event held on November 14, provided an excellent opportunity for our "Heart Warriors" - our beneficiary children and families to meet with their esteemed donors. Mr. Subrato Roy VP Marketing & CSR, HDFC Life, mingled with the children in a relaxed, fun morning.



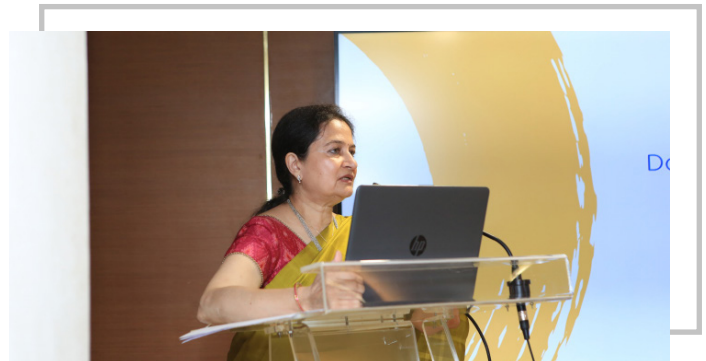
Dr. Suresh Rao welcomes Mr. Subrato Roy of HDFC Life.

SUCCESSFUL HEART TRANSPLANT ENABLES TWO YOUNG GIRLS RETURN TO NORMAL LIFE

Eleven-year-old Agalya, a native of Nagercoil, lived a severely compromised life. Seventeen-year-old Tushitha had been suffering from breathlessness ever since she was a baby. Both these young girls suffered from severe cardiomyopathy and were referred to Dr. K.R. Balakrishnan for further evaluation.

Coming from underprivileged families with no financial resources to turn to, the parents of these girls could not even imagine the possibility of a heart transplant. Learning about their stories and their plight, Aishwarya Trust stepped in to fully fund their one last hope – life-saving heart transplant surgery.

Led by Dr. K.R. Balakrishnan and Dr. Suresh Rao, plus a team of cardiac specialists, both heart transplant surgeries were performed at MGM Healthcare in November/ December 2019. Both these young girls have since recovered from the surgery and are doing well today. To highlight the case and talk about this heartwarming story, MGM Healthcare held a well-attended Press Conference on January 3, 2020. The patients, Agalya and Tushitha, were present at the Conference. The purpose of this Press Conference was to inform that outcomes can be excellent for children undergoing a heart transplant. Aishwarya Trust is deeply committed to the cause of giving children renewed hope to live a healthy life and will be supporting more such heart transplant surgeries in the future.



Chitra Viswanathan addressing the Press



Doctors seen here with Agalya and Tushitha

