



In Memoriam

Mr. K. Nagarajan

(12.09.1929 – 08.11.2023)

On November 8, 2023, we lost our beloved founder.

Over Aishwarya Trust's 15-year journey, Mr. K. Nagarajan had been an inspirational influence in guiding the Trust's direction. He will be dearly missed by the AT Trustees, doctors and staff.

However, his vision and memory will continue to guide us in our mission to save precious young lives affected by congenital heart defects.

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From the Desk of

Chitra Viswanathan

As we begin yet another new year, I would like to express my heartfelt greetings to all of you!

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From the Desk of **Chitra Viswanathan**



As we begin yet another new year, I would like to express my heartfelt greetings to all of you!

The Year 2023 marked a significant milestone - our 15th anniversary. Over these years, we have overcome numerous challenges and setbacks, but we have also accomplished a lot that we can be truly proud of. As India's longest-running comprehensive CHD program, we have made a positive difference in people's lives. Led by Dr. K. R. Balakrishnan, India's renowned cardiothoracic and heart transplant surgeon, together with his committed team of doctors, and nursing and hospital staff, Aishwarya Trust has the unique distinction of having conducted 2,570 screening camps and screened nearly 2 lakh children for congenital heart defects (CHD). The Trust has supported 6,177 heart surgeries and 173 heart transplants to date.

Apart from supporting children treated at MGM Healthcare, Chennai, during the year 2023, the Trust has also supported several other beneficiary hospitals including, G.Kuppusamy Naidu Memorial Hospital, Manipal Hospital Bangalore, PSG Coimbatore, MIOT Hospital Chennai.

One of our leading donors hired SAN India to conduct an Impact Evaluation Study to assess and measure the impact of our CHD program. Three key highlights showed: 1) All families supported by Aishwarya Trust were from lower socio-economic strata. 2) 90% of the treated children resumed normal life and are currently enjoying improved health. 3) The Aishwarya Trust project supported by the donor was rated high across the 5 A's of accessibility, availability, acceptability, affordability, and accommodation. The SAN India assessment validated the difference our comprehensive CHD program has made to improve the lives of the children affected by CHD.

The 15th-anniversary celebration held in March was well attended by all our leading donors. It provided donors an opportunity to meet with the beneficiary children and families in person. The children enthusiastically participated in drawing and fancy-dress competitions.

In this 15th year of our existence, we took the step to scale up and expand our CHD program to new locations in and around Tamil Nadu. We held a camp in Vadodara and plan to hold another soon in Faridabad. We also took the opportunity to extend our paediatric cardiac care program outside India. In a humanitarian gesture, Aishwarya Trust partnered with MGM Healthcare to launch "MGM Connect - "The Little Hearts" project in Sri Lanka.

We are very grateful to all our past donors who have returned with a renewed commitment to deploy more funds to the CHD program. Special thanks to Cognizant Foundation for their generous help in upgrading our equipment and scaling -up operations to other locations.

The AT BIS data platform has proved invaluable in clinical data collection. Most recently, the data generated by the platform helped inform a Research Paper authored by Dr. K.R. Balakrishnan, which is ready for publication in an Australian Medical Journal.

In the coming year, Aishwarya Trust remains committed to funding and providing the best available treatment to children suffering from CHD while utilizing 100% of our donor's contribution to patient care.

We look forward to your continued support.



Stories from the **Heart**

Timely intervention saves baby girl's life

Corporate Donor: Cognizant Foundation

Deepa and her husband, a daily wage earner from Ranipet, were eagerly looking forward to welcoming their baby girl. However, within a month after birth, the baby was diagnosed with having a severe congenital heart defect. The baby developed a condition called patent ductus arteriosus (PDA is a persistent opening between the two main blood vessels leading from the heart). The opening measured 4.5mm, which was a cause for concern. Further, the baby also developed pulmonary arterial hypertension (PAH) and was put on oxygen support. To save the baby, an intervention was necessary. Since this complex intervention procedure was not available at Vellore Medical College and Hospital, the baby had to be transported to MGM Hospital, Chennai, in a special ambulance. With the generosity of corporate donor Cognizant Foundation, Aishwarya Trust raised the funds required to help the baby get the intervention by the paediatric cardiology team at MGM. The baby recovered well and was discharged on August 23, 2023. The grateful parents could return to Ranipet with a healthy baby.

Heart Transplant gives a new lease of life to a teenager

Corporate donor: HT Parekh Foundation
Individual donor: Mr. Srinivasan

A young 13-year-old Sanjay, a resident of Trichy, was diagnosed with dilated cardiomyopathy (DCM), accompanied by severe left ventricular dysfunction. This condition affected his heart's ability to pump enough oxygen-rich blood to the rest of his body. The severity of Sanjay's heart condition meant he required a heart transplant to save his life. Luckily for Sanjay, a donor organ became available sooner than expected for emergency transplantation. Since there was no time to wait for the Government Insurance Scheme, and Sanjay's father, a daily wage laborer, simply could not afford the cost of a heart transplantation they needed immediate help. Aishwarya Trust stepped in at the right time to provide financial assistance, thanks to generous support from the HT Parekh Foundation and Mr. Srinivasan. Aishwarya Trust also provided timely medical support. Led by Dr. K R Balakrishnan, India's leading cardiac surgeon, and his team, Sanjay underwent a successful heart transplant at MGM Hospital, Chennai, on April 15, 2023. He is doing very well today.



Complex surgery to correct a congenital heart condition

Corporate donor: Cognizant Foundation

Gokul R. was born in Vellore with complex heart problems. He was born with one working heart ventricle and the blood from the lungs was obstructed inside the Heart veins. This condition meant that the working ventricle had to supply blood not only to the lungs; but also, to the body. Therefore, the body was getting a mix of both oxygen-rich blood and oxygen-poor blood. And without sufficient oxygen, the body cannot thrive.

Gokul had to undergo multiple surgeries. The first, a Glenn procedure, was performed at Fortis Malar by Dr. K.R. Balakrishnan. By the time he was nine years old, Gokul had to undergo two more surgeries. In March 2023, he had to undergo an invasive right heart hemodynamic study at MGM Healthcare, Chennai. In July 2023, Master Gokul again underwent a high risk, right upper pulmonary vein plasty and Fontan with a fenestration procedure to reroute the blood flow via a conduit, ensuring the blood from the lower body goes directly to the lungs while the blood with high oxygen goes to the heart, eliminating the mixing of oxygen-rich and oxygen-poor blood. The child was discharged from the hospital in September. Since Gokul's parents were from an underprivileged background, his father, a daily wage earner, Aishwarya Trust, stepped in to provide funding and support for this complex surgery.





Donor Corner



Ms. Chitra Viswanathan addressing the audience at the SBI Life CSR event

Cognizant Foundation donates equipment for improved CHD screening

Screening camp is a key pillar of Aishwarya Trust's CHD programme. Aishwarya Trust is grateful to Cognizant Foundation for stepping forward to help upgrade the Trust's screening equipment. At an event held on May 16, 2023, the Cognizant Foundation team was present to inaugurate the new Echo machines and accessories. The team also met with beneficiary children and their families during the event.

A warm welcome to our new Corporate Donors



Beginning a new partnership with SBI Life

Aishwarya Trust accepted the invitation to speak at a CSR event held by SBI Life as a part of their training program at MGM Resorts, Mahabalipuram, on March 11, 2023. As a mark of support for the Trust's mission of saving precious young lives, SBI Life handed a cheque to the Trust and expressed commitment to an ongoing partnership. In turn, Aishwarya Trust acknowledged and presented a memento to thank the new corporate donor and welcomed them to their roster.



Representing Cognizant Foundation, Mr. N.R. Krishnan, IAS (Retd.) Director, Cognizant Foundation India Board and Mrs. Rajashree Natarajan, Ex-CEO, presenting the new Echo machine to Aishwarya Trust.



Beneficiary children meet the Cognizant Foundation team. Seen here: Mrs. Rajashree Natarajan, Ex-CEO, Cognizant Foundation, Mr. N.R. Krishnan, Director, Cognizant Foundation India Board and Ms. Daffodil with Aishwarya Trust co-founder, Mrs. Chitra Viswanathan.



Screening Camp Round-Up

Screening camps are at the heart of Aishwarya Trust's comprehensive CHD program. Early diagnosis and timely treatment can save many precious young lives. Aishwarya Trust works with the Government of Tamil Nadu under the auspices of the RBSK Program of Rural Health Mission to bring screening camps to towns, villages, and underserved communities.

Aishwarya Trust doctors – Dr. R. Rajesh Kumar and Dr. Ramya Shri conduct CHD screening camps regularly at Government Medical Colleges & Hospitals at Ranipet, Chengalpattu, Vellore, Tiruvannamalai, Vizhupuram, Mayiladuthurai, Sivaganga, Nagapattinam, and Pudukkottai. With growing awareness of CHD, the demand for screening camps has significantly increased. In 2023, AT screening camp programme expanded to several new locations around Tamil Nadu and beyond.

Over its 15-year journey, Aishwarya Trust has conducted around 2570 screening camps and screened nearly two lakh children for congenital heart defects (CHD).

Aishwarya Trust is grateful to Cognizant Foundation for supporting all surgeries/interventions from the districts of Vellore and Tiruvannamalai from June 2023 onwards.

New Locations

Kolkata
26 Feb 2023

Erode
31 Mar 2023

Tirunelveli
21 July 2023

Vadodara
30 Nov 2023



CHD screening camp comes to Vadodara for the first time

Aishwarya Trust, together with its partner hospital, MGM Healthcare, Chennai, held a Paediatric Cardiac Camp at Dethan village in Vadodara district, Gujarat on November 30, 2023, to honor the memory of their founder, Mr. K. Nagarajan. The camp, sponsored by Plasser India Private Limited, was held at the company's Health and Wellness Center to diagnose children for congenital heart defects. Dr. Ramya Shri of Aishwarya Trust, Chennai, was present at the camp to screen 320 children. Apart from screening children of Plasser employees, several children from nearby villages also benefited from this cardiac camp.



Mr. Sandeep Bathla, Director, Plasser India, in a lighter moment as the child gets ready for CHD screening.



Dr. Ramya Shri of MGM Healthcare led the screening team.



Special Events

Aishwarya Trust completes 15 years!

On March 4th, a function was held at MGM Healthcare to celebrate the 15th anniversary of Aishwarya Trust. Launched in 2008, this is the longest-running paediatric care programme in India.

Participating in the 15-year milestone celebration were several corporate donors, patrons, doctors, and beneficiary children with their families. The stars of the evening were the children who had undergone cardiac surgery to treat CHD and have since returned to normal life. These children enthusiastically took part in drawing, singing, and fancy-dress competitions.

The Trust also recognised the contributions of the corporate donors and patrons and felicitated them on the occasion.



Aishwarya Trust extends a helping hand beyond India's shores.

In a humanitarian gesture, Aishwarya Trust launched the Little Heart Project in neighbouring Sri Lanka. On June 19, 2023, Aishwarya Trust partnered with MGM Hospital, Chennai, to formally inaugurate the MGM Healthcare Connect - Sri Lanka and launch the Little Heart Project.

Sri Lanka is facing a crisis with a heavy backlog of needy children suffering from Congenital Heart Defects (CHD) waiting for treatment. Under this agreement, Aishwarya Trust will partially fund the CHD treatment and surgeries for these children at MGM Hospital, Chennai.

Ms. Chitra Viswanathan, co-founder of Aishwarya Trust, and Dr. K R Balakrishnan, MGM Healthcare, attended the event held in Colombo, Sri Lanka.



Donor Engagement Event **The Joy of Giving**

Big hearts came together to show they care for little hearts. On September 20, 2023, corporate donors came to Chennai to meet with the beneficiary children who had recently undergone interventions and surgeries to correct congenital heart defects. The event was a heartwarming experience for the children and their families. We are grateful to our corporate donors and doctors of MGM Healthcare who made time from their busy schedules to participate in the event. "The Joy of Giving" was the theme for the memorable evening to celebrate 15- years of Aishwarya Trust. A new brand film for the Trust was also launched at the event.

[Click here to watch the film](#)



Mr. Subrato Roy, Senior Vice President, HDFC Life handing gift kits to the beneficiary children.



Ms. Usha Rani, Director Programs, Cognizant Foundation receiving a Donor Appreciation memento from Mr. K.K. Sridhar, Trustee, Aishwarya Trust.





Our Brave Heart Warriors



2,750
Screening Camps

1,98,410
Number of Children screened

6,177
Heart Surgeries

173
Heart Transplants

Beneficiary children, corporate donors, MGM Healthcare doctors, trustees, staff & advisors of Aishwarya Trust, attended the Donor Engagement Event on September 20, 2023.



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