



A mother's love is one of the strongest feelings in the world, but even the strongest mothers need your help

India has the highest number of maternal, new born and child deaths in the world. Even today, 69 out of 1,000 children die before their fifth birthday and one in every 70 women is likely to die during or shortly after pregnancy.

These statistics are a reality for women and children in the slums of Delhi. Since our early beginnings, we have worked hard to transform this situation, with a comprehensive healthcare programme that reaches 500,000 individuals each year. We need your help to continue this work in 2014 so that we can support more women like Poonam and her daughter Aashna.

Poonam's Story

Becoming pregnant with your first child should be an exciting time, but when you live a life of abject poverty, as Poonam did, **pregnancy is a serious threat to the daily struggle to survive.**



Community Health Volunteer in Trilokpuri examines Poonam after her pregnancy

Little could Poonam foresee the poverty she would face after getting married and moving to her new home in Delhi's Trilokpuri slum colony. Her husband, Sanjay, despite endless coaxing from the family, is perpetually out of work and Poonam lives at the mercy of her brother in law for basic supplies of food and clothing.

Her problems worsened, when at the age of 20, she discovered she was pregnant. Weighing only 38 kg Poonam was extremely weak, severely anaemic and in desperate need of help.

It took over 12 weeks before we could persuade Poonam to visit Asha's healthcare centre in Trilokpuri. When I saw her for the first time, I was greatly troubled by how weak and pale she was. Her family could barely manage one meal a day let alone afford to buy the vital medicine that she so desperately needed.

If Poonam had not been able to access the support from Asha, her health and the health of her unborn child would have been in great danger. We were able to prescribe her iron supplements to treat the anaemia and monitor her improving progress regularly.

We were also delighted to be able to register Poonam for delivery at the nearby state-run hospital. This turned out to be of vital importance when in September 2013, Poonam gave birth to a girl named Aashna. Due to the hardship her mother faced during pregnancy, baby Aashna was born with a low birth weight of only 2kg. She was suffering from asphyxia at birth, experienced seizures and was diagnosed with jaundice.

Aashna was referred to a specialist paediatric centre nearby where she remained under medical supervision for 18 days. **We stepped in once more to stand by Poonam just as older sisters would.** At the time of discharge, Aashna had recovered from jaundice and weighed 2.4 kg.

Although Aashna is still being monitored for seizures, she now weighs almost 4.5 kgs and is well on her way to recovery. We are delighted to be able to provide medication and immunisation to the vulnerable child and it is a joy to monitor her progress. Without Asha's support this story could never have had a happy ending.

Radha

Asha Community Health Volunteer, Trilokpuri Slum Colony



Poonam with baby Aashna

Will you support this vital work today?

Poonam's story is just one of thousands of examples of the impact of Asha's maternal and child health programme. Although it often goes unnoticed, this year, Asha Community Health Volunteers will quietly move through hundreds of slum lanes transforming lives all across Delhi with simple yet effective healthcare.

This work costs around \$40,000 each year. This is a huge part of our work and one that needs continuous funding. This Spring will you donate to help us support more women like Poonam and baby Aashna?

We would like to thank you for helping us transform some of the most poorest communities in the world.

Asha Health Indicators

- 100% of pregnant women in Asha slums receive at least 3 antenatal checks compared to only 37% across the rest of India
- 99% of pregnant women in Asha slums had a skilled attendant during delivery compared to only 47% across the rest of India
- 90% of babies born in Asha slums have a normal birth weight compared to 78% across the rest of India

Here is an example of the difference you could make

\$15 will provide Tetanus Toxoid vaccination to a pregnant woman to prevent neonatal tetanus in her child

\$40 will provide Iron and other Mineral & Vitamin supplements to a pregnant woman during her pregnancy

\$85 will provide a newborn baby with all WHO recommended vaccinations for the first year of its life

\$110 will provide laboratory tests including HIV screening for a pregnant woman throughout her pregnancy

\$135 will provide ultrasound services for 2 pregnant women

\$165 will provide the services of a CHV to a pregnant woman throughout her pregnancy

\$330 will provide maternal care to one pregnant woman throughout her pregnancy

Supporters from United States can make a tax deductible donation to Asha

Asha is registered to receive donations from overseas which means that we do not need to pay tax on any of your gifts. Sterling donations are acceptable, as are those in any other currency. If you'd like to make a valued contribution to our work, you can donate online or via check.

For a **Tax Deductible Donation**, please make your check payable to "American Society for Health for All" and mail to: Louanne Hempton, American Society for Health for All (ASHA), 96 Sweetwater Ave #6, Bedford, MA 01730, USA. Email: lhempston@hotmail.com EIN #010557632 | ASHA (USA) is a 501 (C) 3 registered charity.

You can also send your contribution directly to Asha

To donate online, please visit our website at www.asha-india.org/getinvolved/donate and follow the simple steps to make your payment via a secure server. This is the simplest way for us to receive your donation.

To send checks directly to Asha, please fill in your details below, write a check made payable to "Asha Community Health and Development Society" and post it to:

The Administrator, Asha Society, Ekta Vihar, RK Puram Sector 6, New Delhi - 110022, INDIA.

(Posting named cheques to India is a perfectly safe and secure method of making your donation. Please be assured that you will not incur any bank charges when donating directly to Asha in India.)

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