



# AFTER THE DARKNESS



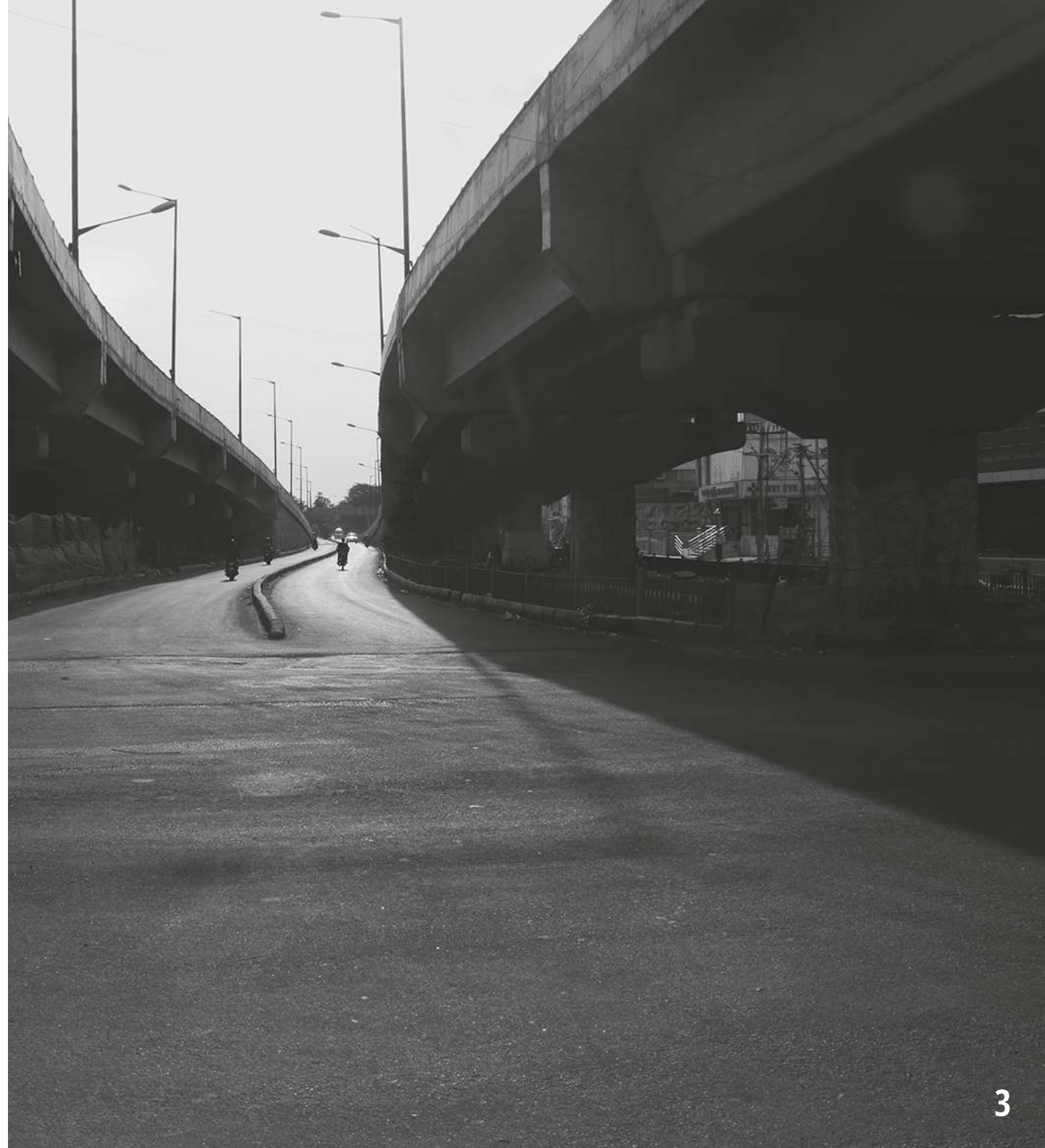
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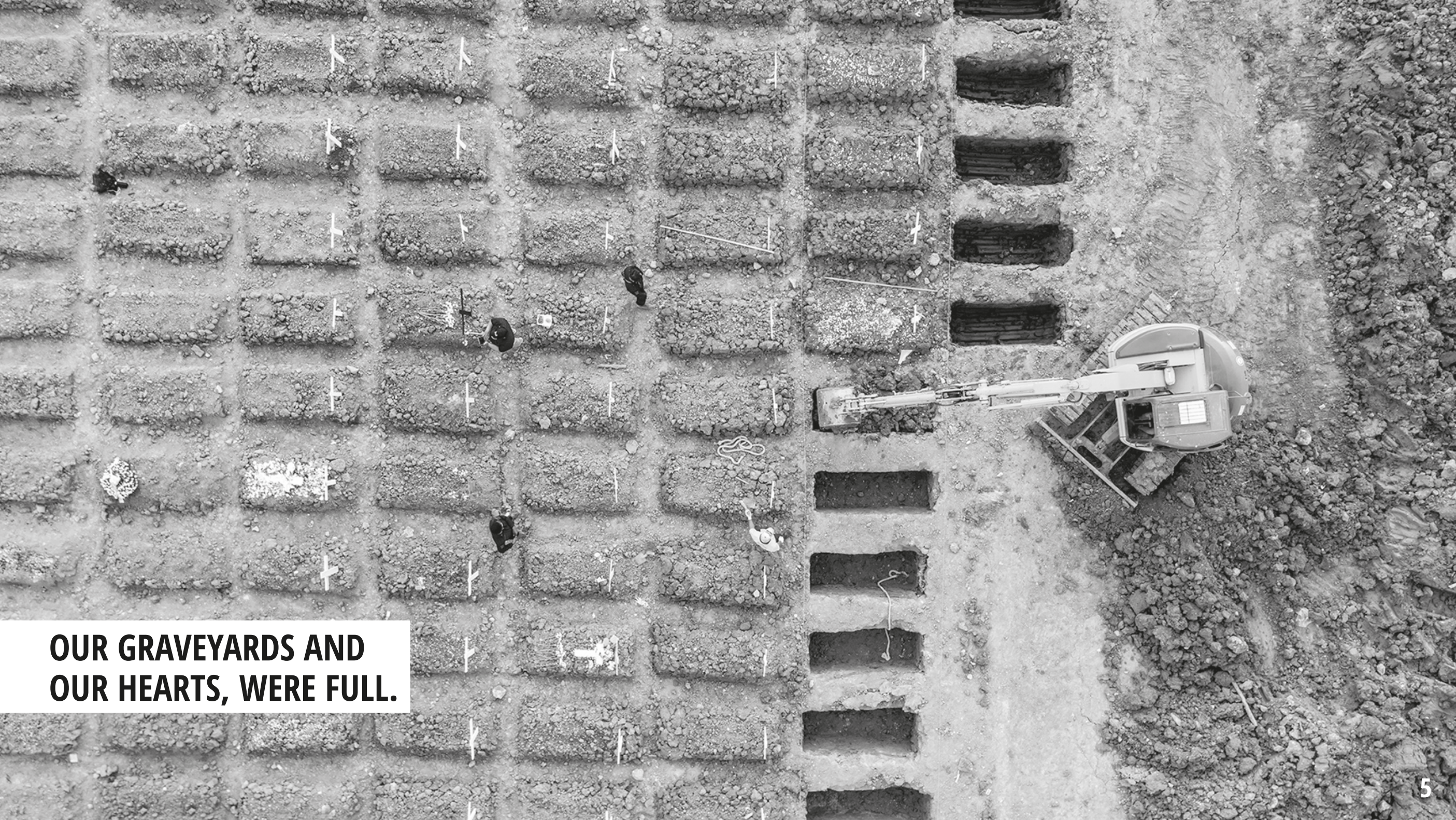
**AS WE READ OF THE BENGAL FAMINE**, the Black Death, the American Plagues, the Spanish Flu, so the future will read of Covid-19 — with a mixture of indifference and morbid fascination. They will record the numbers of the dead, compare it with pandemics of the past and sit in objective judgement on the pain and wretchedness that has been visited upon our daily life. For all of us who have lived through it, who have seen the life we knew change, who have felt the isolation and the loneliness of social distancing *and* have survived, this will be our darkest hour.

This is the time our nearest and dearest departed and we have had to grieve from afar, when even sorrow had to be in seclusion. This is the time our children had to mask their youth and gaiety and live the confined, monotonous life of the elderly. This is the time we shut our doors on the world and felt the forsakenness and despondency of our own company.





**OUR STREETS WERE EMPTY  
AND AS QUIET AS A GRAVEYARD.**



**OUR GRAVEYARDS AND  
OUR HEARTS, WERE FULL.**



**OUR TRANSPORT LAY ABANDONED ON THE STREETS...**



**AS OUR PEOPLE WALKED UNENDING  
DISTANCES FOR THE CONSOLATION  
OF BEING ON THEIR OWN.**



## **THIS INDEED WAS OUR DARKEST HOUR.**

The agony of the past 30 months will never leave us, the fear we felt of breathing a diseased air will never leave us. We will never go back to life as it was before December 2019. But as always, it is in our darkest moments that human selflessness and compassion shine through.





**THIS IS ALSO THE HOUR  
THAT WE FOUND OUR HEROES.**

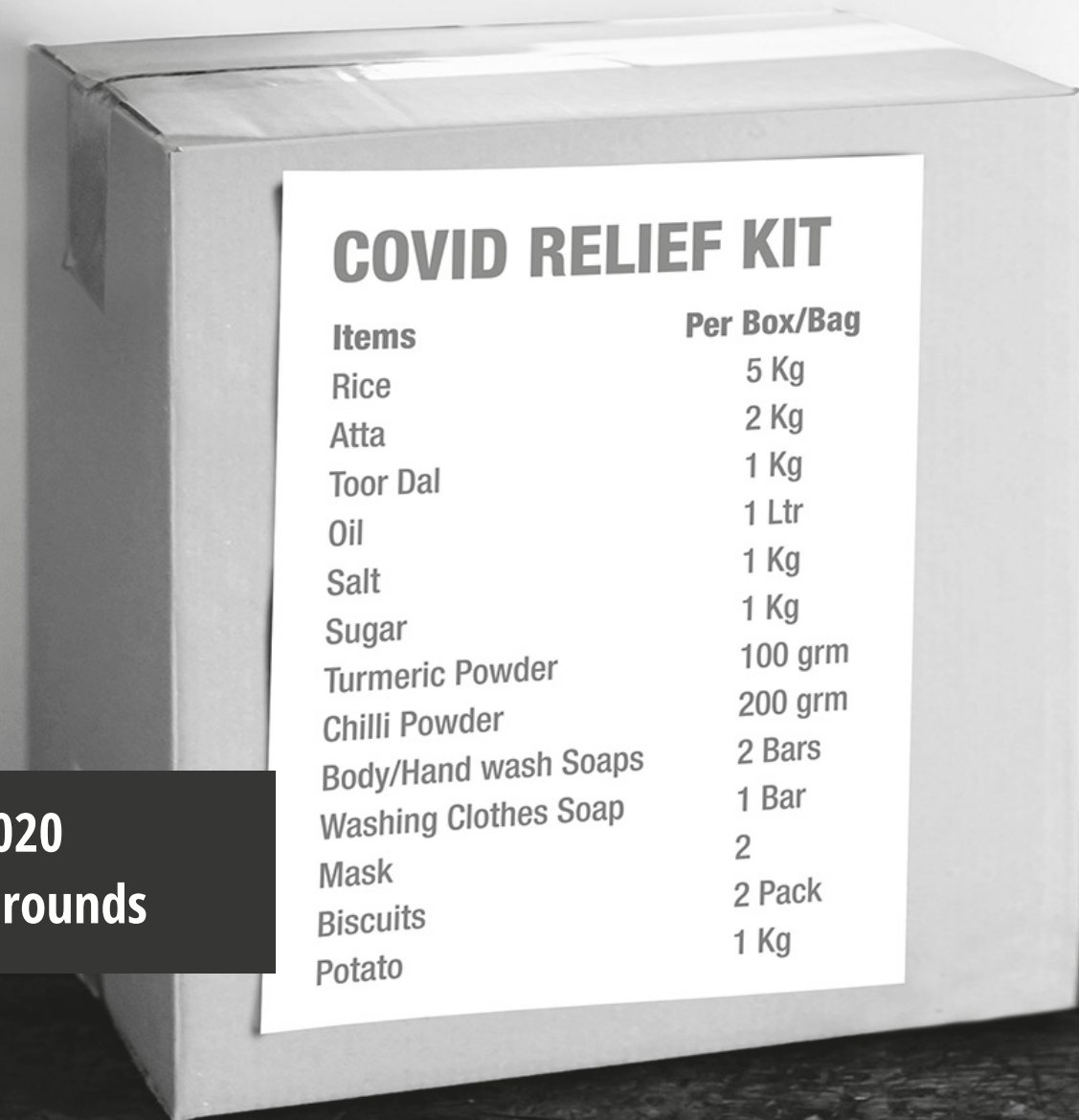


**INITIALLY, AT THE PARINAAM FOUNDATION,** we were as clueless as the rest of the world. We were just managing each day, trying to stay calm amidst the enveloping fear and chaos, trying to see what we could do.

How could we bring some relief, we wondered? Should we think short term or long? Soon we realised that the long-term, was anyone's guess. The only thing we could do, was look at immediate relief. What could we do today?

Within days of the lockdown, putting our own fears behind us, we were out in the communities we work with, providing them dry rations, providing them the immediate relief they needed.

**Dry ration kits, 2020  
4100 families x 8 rounds**



**THROUGH 2020, WE WATCHED** the first wave and tried our best to support our communities during the lockdowns. Cases peaked mid-September 2020, up to 90,000/day. But by January 2021, the numbers were down to 15,000/day and we thought Covid-19 was behind us. But how mistaken were we! What the second wave brought in 2021 would have been unimaginable even in 2020.

The virus had given been giving us indications all along. But then, people and governments alike refused to see what they did not wish to.

We shut our eyes to the signals. What followed was an unmitigated disaster.



**IT WAS AT THIS STAGE,** overcome by the magnitude of the tragedy that Samit Ghosh and Ravindra Bahl reached out to Parinaam Foundation, to see how their resources could be put to use for Covid relief. While they connected with their old friends, to Citi alumni, Parinaam got in touch with existing donors and organisations we have partnered with in the past. The task ahead was daunting. But we are glad we took that step.



**LET US WHO CAN,  
DO WHAT WE CAN**



## **AS TOGETHER AGAIN BROUGHT MORE FUNDS.**

The Parinaam Foundation could do more. We went beyond dry rations and • started Covid education sessions • supporting the ultra-poor with direct cash transfers • ensure beneficiaries in our ultra-poor communities had access to government benefits by enrolling them for labour cards • running vaccination programmes.



<b>Dry ration kits, 2021</b>	<b>4600 families</b>
<b>Covid education</b>	<b>3,69,022 beneficiaries</b>
<b>Direct cash transfers</b>	<b>1883 families</b>
<b>Labour card enrolment</b>	<b>1027 individuals</b>
<b>Total card benefits</b>	<b>Rs. 45,61,200/-</b>
<b>Vaccinations</b>	<b>13,691</b>



**BUT AS DAYS WENT BY,** what became apparent is that our healthcare infrastructure is woefully inadequate for a population this size and a pandemic this overwhelming. Never in the history of Independent India had we faced a situation like this. We were just not prepared. It is at this point that our Covid Relief Project became The Health Project, an attempt at long-term infrastructural improvement and technology enhancement for our frontline medical institutions — hospitals, Primary and Community Health Centers, nursing homes and clinics.

The Health Project reaches out to healthcare institutions that need support, assesses their requirement and provides them the support they need. Support ranges from strengthening infrastructure by increasing capacity, adding ICU beds, providing equipment like echocardiograms to providing medical supplies.

This is the long term plan of Parinaam Foundation's Health Project, in partnership with Together Again.

And what follows, is a report on what we have done this far, till May 2022.

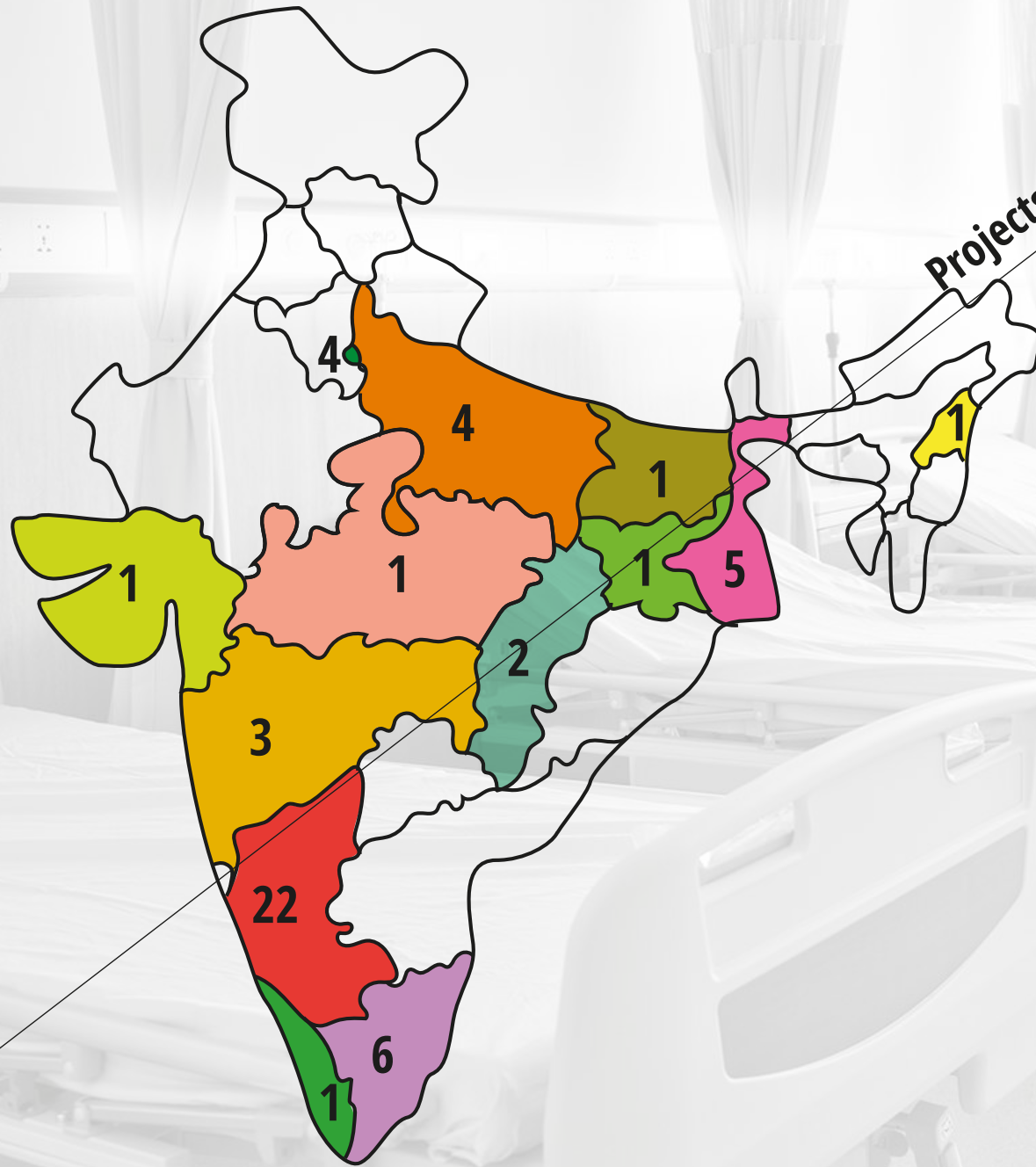


Institutions Assessed

May 2021

Duration

May 2022



1	NAGALAND	3	MAHARASHTRA
1	BIHAR	1	GUJARAT
5	WEST BENGAL	22	KARNATAKA
4	UTTAR PRADESH	6	TAMIL NADU
4	DELHI	1	KERALA
1	MADHYA PRADESH	2	CHHATTISGARH
1	JHARKHAND		

**Institution:** The Leprosy Mission  
**Location:** Ayodhya, Uttar Pradesh  
**Support:** Medical Equipment / Infrastructure  
**Grant:** Rs. 32,09,750  
**Nature of grant:** Partnership



The Leprosy Mission in Ayodhya was confronted with a rush of Covid patients. To manage this, Parinaam took the responsibility of renovating an existing ward and converting it into a 15-bed isolation ward for patients with mild and moderate symptoms. We also provided 2 oxygen concentrators to the hospital.



**Institution:** Masina Hospital  
**Location:** Byculla, Maharashtra  
**Support:** Infrastructure  
**Grant:** Rs. 25,53,048  
**Nature of grant:** Direct through Parinaam

Power cuts was one of the primary challenges faced by Masina Hospital. With Parinaam's support, the hospital installed a 400kva diesel generator which now powers the hospital's operation theatre.



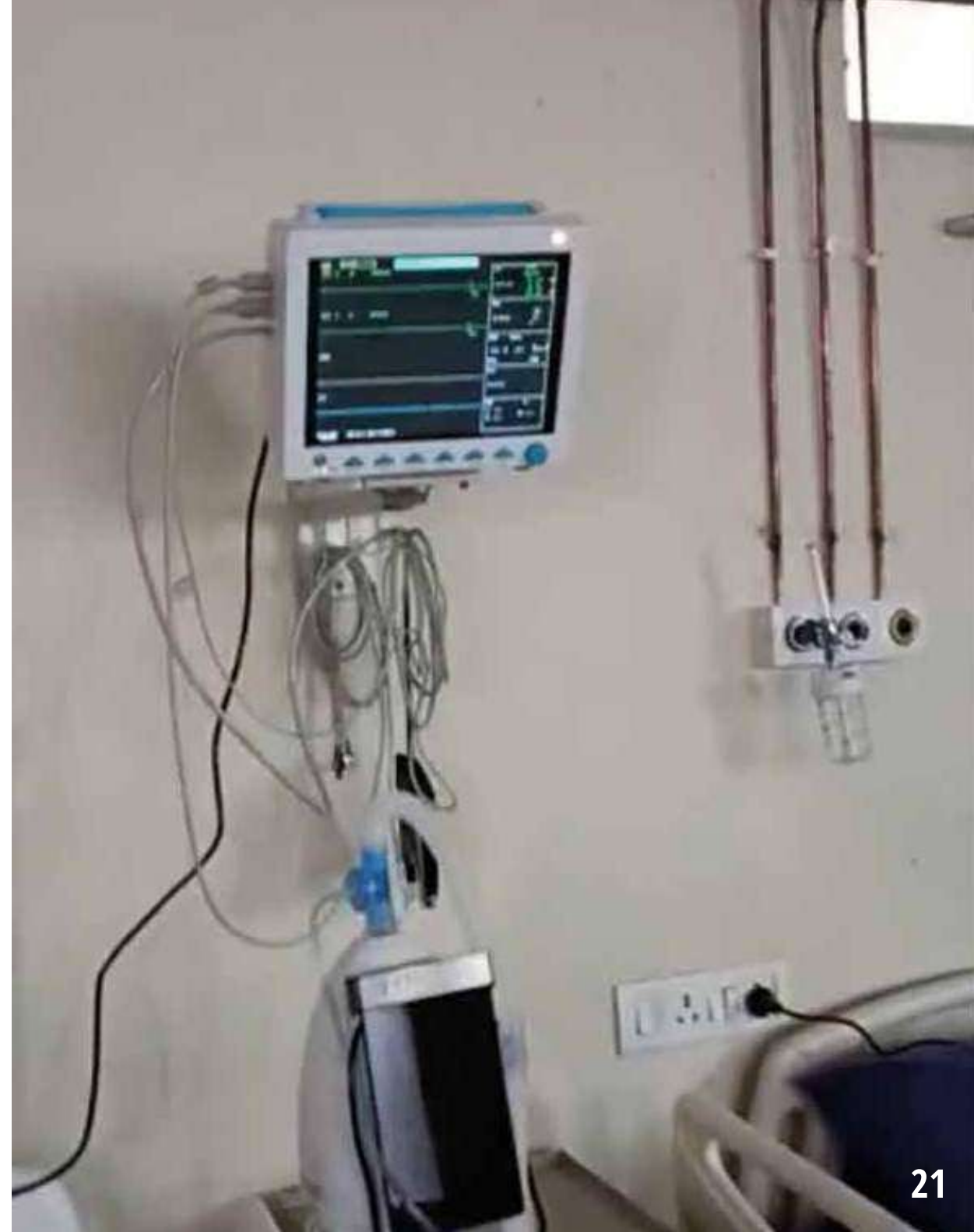
**Institution:** Ramakrishna Mission Seva Pratishthan  
**Location:** Kolkata, West Bengal  
**Support:** Medical Equipment  
**Grant:** Rs. 25,00,000  
**Nature of grant:** Partnership / Direct through Parinaam

During the pandemic, one of the shortages felt across was the lack of medical equipment to handle the large populations of the infected. The Ramakrishna Mission needed 2 Bi-Pap machines and 1 Echocardiogram machine for their patients and Parinaam facilitated that.



**Institution:** Shri Krishna Sevashram  
**Location:** Bangalore, Karnataka  
**Support:** Medical Equipment  
**Grant:** Rs. 17,10,000  
**Nature of grant:** Partnership / Direct through Parinaam

Shri Krishna Sevashram is a charitable hospital and during the height of the pandemic, the hospital needed a close and comprehensive monitoring of patients' response to therapy. It was towards this purpose that Parinaam facilitated 5 cardiac monitors and an echocardiogram machine to keep track of patients' vital parameters.



**Institution:** Sewa Bhawan Hospital  
**Location:** Jagadeespur, Chattisgarh  
**Support:** Medical Equipment  
**Grant:** Rs. 8,04,631  
**Nature of grant:** Partnership / Direct through Parinaam



Sewa Bhawan is an old dispensary, established in 1928, to serve the people of Jagadeespur, Chattisgarh. They required infrastructural support and we provided them with 3 patient monitors to help them to keep a track of Covid patients under treatment.

**Institution:** Mahesh Foundation Hospital  
**Location:** Belgaum, Karnataka  
**Support:** Medical Equipment  
**Grant:** Rs. 8,00,000  
**Nature of grant:** Partnership

Mahesh Foundation is a charitable hospital based in Belgaum, Karnataka. In partnership with Swasth, we provided the hospital with 10 oxygen concentrators for their Covid patients at a time when Covid-related hospitalisation was at its record high.



**Institution:** District Hospital  
**Location:** Ahmednagar, Maharashtra  
**Support:** Medical Equipment / Vaccines  
**Grant:** Rs. 6,23,394  
**Nature of grant:** Direct through Parinaam

The wards in the District Civil Hospital in Ahmednagar were renovated to prepare it for future Covid waves. The ward now has 30 beds, 10 of them with oxygen support. This will help them handle more patients and handle them better.





**Institution:** Transformation Rural India Foundation  
**Location:** Madhya Pradesh  
**Support:** Emergency Relief / Consumables  
**Grant:** Rs. 4,94,660  
**Nature of grant:** Direct through Parinaam

TRIF is an NGO that works with marginalised communities and women in the bottom 100,000 villages of India. We provided 1000 early medicine kits to TRIF. In collaboration with the Jharkhand government, they distributed these kits at Covid Care Centers and to patients undergoing home isolation.



**Institution:** Nishkam Sikh Welfare Council  
**Location:** Delhi  
**Support:** Emergency Relief  
**Grant:** Rs. 4,94,400  
**Nature of grant:** Direct through Parinaam



The Nishkam Sikh Welfare Council is a non-profit organisation that works with the underprivileged. As part of their Covid-19 relief efforts, we provided them with 600 ration kits which they distributed among the needy in Delhi.



**Institution:** Fatima Hospital  
**Location:** Gorakhpur, Uttar Pradesh  
**Support:** Medical Equipment / Vaccines  
**Grant:** Rs. 4,27,200  
**Nature of grant:** Direct through Parinaam



The Parinaam Foundation supported Fatima Hospital in 2 phases. With medical equipment and then later, with vaccines. Initially, we provided them with 1 ECG machine, 2 Infusion pumps and 2 Cardiac monitors for their Covid wards. Later we supplied them with 200 doses of vaccine.



**WE ALSO WORKED ON MANY OTHER PROJECTS.  
HERE IS A QUICK OVERVIEW.**

<b>Institution</b>	<b>Area</b>	<b>Category of support</b>	<b>Amount (in INR)</b>
Gubbi Govt General Hospital	Gubbi, Karnataka	Medical Equipment	3,90,300
C T Bed Health Care Centre BBMP	Bangalore, Karnataka	Medical Equipment	56,312
Hangodu PHC*	Hanagodu, Karnataka	Medical Equipment	2,60,063
Honganuru PHC*	Honganur, Karnataka	Medical Equipment	1,45,111
TLM Purulia	Purulia, West Bengal	Medical Equipment	1,09,872
Hemmige PHC*	Mysore, Karnataka	Medical Equipment	1,17,439
TLM Dayapuram	Manamadurai, Tamil Nadu	Medical Equipment	2,98,540
Madhepura Christian Hospital	Madhepura, Bihar	Medical Equipment	5,00,000
TLM Hospital Naini	Prayagraj, Uttar Pradesh	Medical Equipment	2,91,852

\*in partnership

<b>Institution</b>	<b>Area</b>	<b>Category of support</b>	<b>Amount (in INR)</b>
Kandanassery PHC, Mattom	Thrissur, Kerala	Medical Equipment	1,27,090
St. Josephs Hospital	Vijayapur, Karnataka	Medical Equipment	4,06,000
Madhyamgram Rural Hospital**	Madhyamgram, West Bengal	Infrastructure	6,03,410
Matri Bhawan	Kolkata, West Bengal	Medical Equipment	2,24,000
Ashwini - Addiwasi Hospital**	Gadalur, Tamil Nadu	Medical Equipment	7,32,449
Sewa Bhawan Hospital**	Jagdeeshpur, Chhattisgarh	Medical Equipment	8,04,631
Ramakrishna Mission Seva Pratishthan**	Kolkata, West Bengal	Medical Equipment	27,00,000
Rangadore Hospital	Bangalore, Karnataka	Medical Equipment	2,80,000
Nallampalli PHC	Dharmapuri, Tamil Nadu	Medical Equipment/Consumables	56,299
Vettaikaranputhur ( VK Pudur) PHC	Thoothukudi, Tamil Nadu	Medical Equipment	89,933
KM Doddi PHC	Maddur, Karnataka	Medical Equipment	4,15,000

\*\*in partnership with Parinaam

<b>Institution</b>	<b>Area</b>	<b>Category of support</b>	<b>Amount (in INR)</b>
Elathur CHC	Tenaksi, Tamil Nadu	Medical Equipment	2,65,000
Besagarahalli PHC	Mandya, Karnataka	Medical Equipment/Consumables	1,74,967
TLM Hospital Ayodhya**	Ayodha, Uttar Pradesh	Medical Equipment/Infrastructure	32,09,750
Hemkunt Foundation	Gurgoan, Uttar Pradesh	Emergency Relief	4,96,050
Akal Purakh Ki Fauj	Subhas Nagar, Delhi	Emergency Relief	4,94,400
Fatima Hospital	Gorakhpur, Uttar Pradesh	Medical Equipment/Vaccination	4,27,200
Government Medical College Hospital	Thiruvarur, Tamil Nadu	Medical Equipment/Consumables	4,35,000
GH Kanakapura Town	Kanakapura, Karnataka	Infrastructure	4,17,270
Transformation Rural India Foundation	Madhya Pradesh	Emergency Relief	4,94,660
Sarthi Foundation	Delhi	Vaccination	67,080
Avidha Community Health Center	Bharuch, Gujarat	Medical Equipment	1,73,600

\*\*in partnership with Parinaam

<b>Institution</b>	<b>Area</b>	<b>Category of support</b>	<b>Amount (in INR)</b>
Nishkam Sikh Welfare Council	Delhi	Emergency Relief	4,94,400
Shri Krishnasevashram Hospital**	Bangalore, Karnataka	Medical Equipment	17,10,000
Assisi Shanti Hosptital	Bastar, Chhattisgarh	Medical Equipment	1,93,500
Mahesh Foundation*	Belgaum, Karnataka	Medical Equipment	8,00,000
Salkod PHC	Honavar, Karnataka	Medical Equipment	2,98,540
Kodigehalli PHC	Bangalore, Karnataka	Medical Equipment/Consumables	87,718
Akki Hebbalu PHC	Hobli, Karnataka	Medical Equipment/Consumables	2,34,407
Keregodu PHC	Mandya, Karnataka	Medical Equipment	64,826
Akkur PHC	Ramanagara, Karnataka	Medical Equipment	87,868
Kothati PHC	Mandya, Karnataka	Medical Equipment	1,97,363
Halaguru PHC	Mandya, Karnataka	Medical Equipment	1,17,928

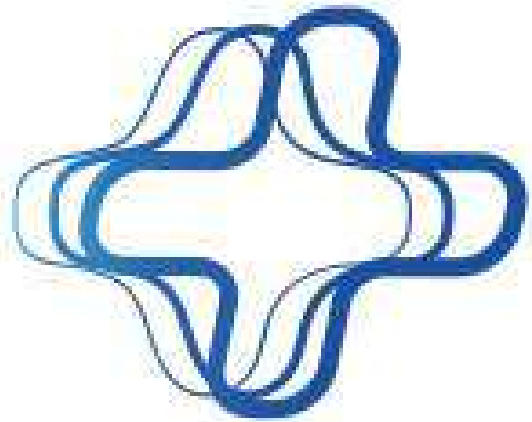
\*in partnership    \*\*in partnership with Parinaam

<b>Institution</b>	<b>Area</b>	<b>Category of support</b>	<b>Amount (in INR)</b>
Eleutheros Christian Society(ECS)	Tuensang, Nagaland	Medical Equipment	9,17,000
Office of Block medical officer health*	Polba, West Bengal	Infrastructure	4,11,766
Ahmednagar District Civil Hospital	Ahmednagar, Maharashtra	Infrastructure	6,23,394
Haldipur PHC	Haldipur, Karnataka	Infrastructure	7,77,030
PHC, Katras	Katras, Jharkhand	Infrastructure	4,12,190
Aimangala PHC	Chitradurg, Karnataka	Medical Equipment	2,50,954
Masina Hospital	Byculla, Maharashtra	Infrastructure	25,53,048
Ganakal PHC	Bidadi, Karnataka	Infrastructure	13,29,454
Mahan Trust	Amravati, Maharashtra	Infrastructure	7,00,000
Salam Balak Trust	Delhi	Infrastructure	10,00,000

\*in partnership



## REMOTE ICU



# Cloudphysician

As our team became more aware of the insufficiencies of our healthcare system, we were able to identify some of the more immediate needs.

One of those, definitely, is the fact that people in the interior have no access to specialist attention. It is practically impossible for them to have access to India's best minds when it comes to emergencies and critical situations.

Which is where the idea of collaborating with Cloudphysician was born. Cloudphysician employs technology to overcome the challenge of distances in healthcare by connecting an ICU located in the interior to multi-disciplinary super-specialists located elsewhere. We helped set up and connect NICUs in a charity hospital in Gorakhpur to specialists based elsewhere. And the results were immediate!

## SUCCESS STUDY 1

A pre-term baby was brought to a charity hospital in Gorakhpur with acute breathing difficulty, Hyaline Membrane Disease and generalised infections. The baby was started on invasive ventilation, inotropes, IV antibiotics and vasopressors for supporting weak cardiac and lung functions. The Cloudphysician team monitored the baby to ensure they could pick early signs of distress and ensure the onsite team was alerted with advice for corrective action. The baby was discharged completely active, with no infections and feeding normally.



## SUCCESS STUDY 2

A term baby was brought to the hospital with Meconium Aspiration Syndrome and collapsed lungs on account of air leaking into the chest wall and lung tissues.

The Cloudphysician team put the child on non-invasive ventilation and antibiotics to prevent infections. An X-ray was recommended which showed the need for an intercostal drainage tube (ICD) to drain air so that the collapsed lung could expand. The entire procedure was monitored by the remote team.

The ICDs were removed after 3 days and the baby was discharged with clear lungs, no requirement of oxygen and normal feeding.



## SUCCESS STUDY 3

A 5-day-old baby was admitted with severe sepsis, septic shock, pneumonitis with respiratory failure and Disseminated Intravascular Coagulation.

The baby was intubated and put on invasive ventilation. The Cloudphysician neonatal team advised cardiac support, IV antibiotics along with specific blood product infusions and monitored progress. After rigorous invasive ventilation for 5 days, the baby was successfully extubated.

This is considered a very difficult case to treat in neonatology and carries high mortality. But the support of Cloudphysician ensured the baby was saved and discharged on the 6th day.



## TESTIMONIALS

We have had a lot of committed medical professionals thank the Parinaam Foundation for helping them look after their patients better. For many of them, the little we could support them with was critical. Especially when it came to managing the Covid situation. Here are some notes from some of them.





ಕರ್ನಾಟಕ ಸರ್ಕಾರ

ಪ್ರಾಥಮಿಕ ಆರೋಗ್ಯ ಕೇಂದ್ರ ಹಲಗೂರು, ಮಳವಳ್ಳಿ ತಾಲ್ಲೂಕು, ಮಂಡ್ಯ ಜಿಲ್ಲೆ

### TESTIMONIAL

Our PHC Halaguru holds three sub-center (Halaguru, Handanahalli, M.G.Halli ) 8 villages with a total population of 13,584. we are attending 180-200 OPD per day, 150-200 IP /Month, 60-80 laboratory /month 10-15 labour /month, 200 immunization for children per month we are involved in all the national health programmes.

Parinaam foundation during the covid pandemic donated :- B P apparatus, Glucometer, ECG Machine, Digital scale adult, Baby scale digital, Pen torch, Water filter, Wheelchair, Haemoglobino meter to Primary Health Center Halaguru.

They are in good working condition and are being utilized for serving the needy patients.

*[Signature]*  
ವೈದ್ಯಾಧಿಕಾರಿಗಳು  
ಪ್ರಾಥಮಿಕ ಆರೋಗ್ಯ ಕೇಂದ್ರ  
ಹಲಗೂರು, ಮಳವಳ್ಳಿ ತಾಲ್ಲೂಕು,

Primary Health Centre,  
Halaguru, Malavalli - Mandya

Superintendent  
Dy. Superintendent  
Business Office Head

Dr Ruby Marshala, DA (Anesthetist)  
Dr Loreta Das, MD (Physician)  
Mr. Titus Anil K Roy, M.Com. HDSM



The Leprosy Mission Hospital, Naini  
New, Allahabad, 221006, Uttar Pradesh, India.  
Tel: 0522-2697261, Mobile: 9355-02691  
Email: [info@leprosymission.org](mailto:info@leprosymission.org) website: [www.leprosymission.org](http://www.leprosymission.org)  
Regd. No. 10/1988/221072

Dated: 19.05.2022

### Testimonial

The Leprosy Mission Hospital Naini, is 150 bedded charitable Hospital located in Naini, Prayagraj since 1876 and is servicing the people affected by leprosy of Prayagraj and its neighboring districts and neighboring states of Bihar, Madhya Pradesh, Bengal, Jharkhand, and New Delhi etc.

The Leprosy Mission Hospital Naini is a unit of The Leprosy Mission Trust India, 16<sup>th</sup> Pandit Pant Marg, 3<sup>rd</sup> Floor CNI Bhawan, New Delhi - 110001.

**Our Vision:** - People Affected by leprosy living with dignity in a transformed, inclusive society that has overcome leprosy.

Parinaam Foundation, during covid pandemic donated

Sl No	Particular	Quantity
1	Carsh Cart Trolley	2
2	3 Para Monitor	2
3	Infusion Pump	2
4	Syringe Pump	1
5	Stretcher Trolley	1
6	Emergency Monitor Trolley	2
7	Cardiac Table	3

They are in good working condition and are being utilized for serving the poor leprosy affecteded patients.

*[Signature]*  
Dr. Ruby Marshala  
Superintendent

The Leprosy Mission Hospital,  
Naini, Allahabad - Uttar Pradesh



**The Leprosy Mission  
Trust India**

*healing inclusion dignity*

Purulia Leprosy Home & Hospital  
Post & Dist : Purulia,  
West Bengal - 723 101  
Ph : +91 3252 222 492 / 296 501  
Email: purulia@leprosymission.in

Ref : TLMPUI/2022/.....

### TESTIMONIAL

**Purulia Leprosy Home & Hospital** at District - Purulia, West Bengal, a 80 bedded Charitable Hospital, run under the auspices of The Leprosy Mission Trust India, has been rendering services to the people affected by leprosy and other marginalized group of society irrespective of caste, creed or religion since 1888.

**Parinaam Foundation**, during the Covid Pandemic donated two oxygen concentrators and three infusion pump to Purulia Leprosy Home & Hospital.

They are in good working condition and are being utilized for serving the needy patients.

Date : 19<sup>th</sup> May 2022  
Place : Purulia



*[Signature]*  
Dr. Faraz Joezer Rahmi  
Superintendent  
Superintendent  
The Leprosy Mission Trust India  
Purulia Leprosy Home & Hospital  
Purulia, West Bengal

**Purulia Leprosy Home & Hospital,  
Purulia - West Bengal**

Phone : 2466-8273/2464-4189  
E-mail : rksmmatribhavanhosp@gmail.com



**Ramakrishna Sarada Mission  
Matri Bhavan**

7A, Sree Mohan Lane  
Kolkata - 700 026

### Testimonial

Ramakrishna Sarada Mission Matri Bhavan , a 100 bedded Charitable Hospital, run under the auspices of Ramakrishna Sarada Mission, Dakshineswar, Kolkata - 700076, has been rendering dedicated services to the women & children from the economically background sections of the society irrespective of caste, creed or religion since 1950 .

**Parinaam Foundation**, during the Covid Pandemic donated two Multichanel Monitors to Matri Bhavan Hospital.

They are in good working condition & are being utilised for serving the poor patients.

Date: 13.05.2022

Ramakrishna Sarada Mission Matri Bhavan  
*[Signature]*  
Secretary

**Ramakrishna Sarada Mission Matri Bhavan,  
Kolkata - West Bengal**

Dear Friends of Parinaam,

When we first felt the impact of Covid-19, our primary concern was the continuation of our programs. Would our infrastructure projects get stalled? How would children in our Academic Adoption Program be impacted? It was during the wretchedness of the second wave that my father, Samit Ghosh, asked if Parinaam could support a Covid Relief program. To be honest, I was sceptical. We had our hands full and much like us, the world was busy with its own troubles. Brushing my pessimism aside, my father and his friend Ravindra Bahl started ringing up their old Citi colleagues. The optimism, the enthusiasm and the will in that group was infectious. And that is how Parinaam's Health Project took shape.

Initially, the aim was immediate relief and vaccinations. But it soon evolved into what my mother Elaine Marie Ghosh had always wanted Parinaam to do — ensure that the healthcare centers our beneficiaries visit are adequate. So this is structure of the Parinaam Health Project today — aggregating funds and routing it to healthcare institutions that need infrastructure and equipment, with a long term vision and accountability. And we intend to persist with this effort even after Covid is behind us.

Many of our benefactors are people I remember from my childhood as my parents' friends. I would never have thought that these bonds would resurface after all these years as a source of support in the worst of times.

I thank everyone. You proved you are the best, again.

Warm regards,

Mallika Ghosh, Executive Director — Parinaam Foundation







The last 2 years have tested humanity. Have shown us that none — strong or weak, rich or poor, first world or third — is immune to what nature can throw at us. The ones among us who have survived will always remember this as our darkest hour. But as always, darkness must end. And when the light does shine through, let us hope we have learnt the lessons that needed to be learnt.