

Good Health, Better Futures

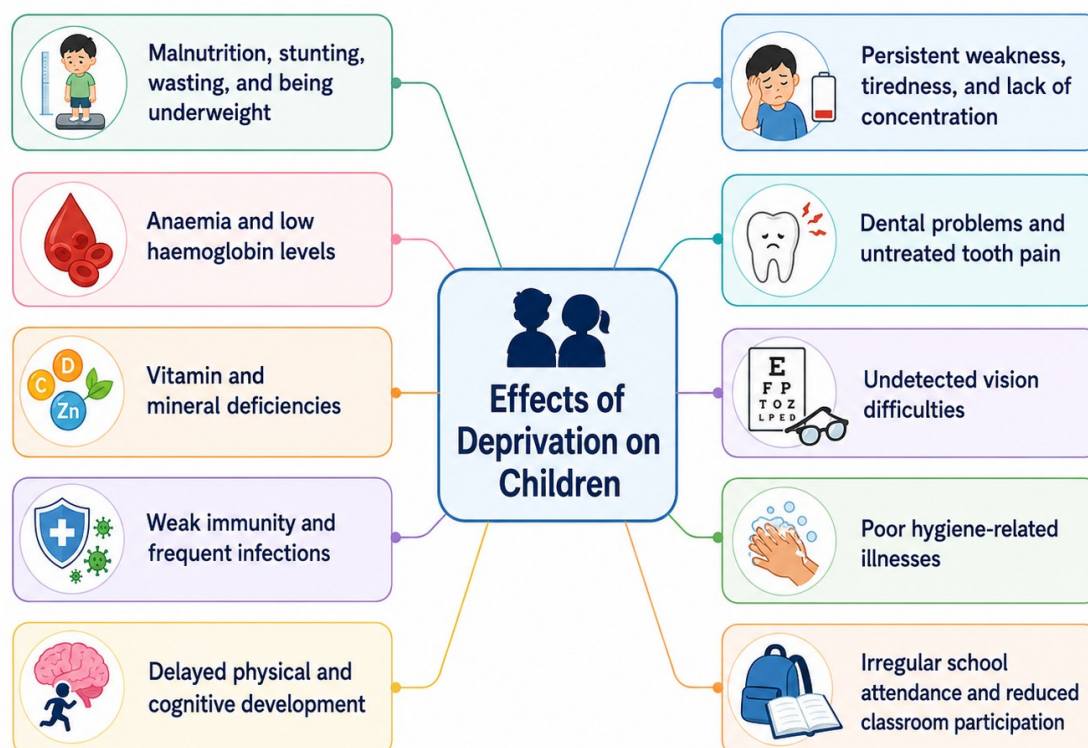
Education alone is not enough. A healthy child learns better, attends school regularly, participates confidently, and has a greater chance of building a better future.

For Children Living in Poverty, Health Challenges Often Begin at Birth

For many children born into poverty, the struggle for good health begins from the very first day of life. Their mothers may have had limited access to nutritious food, medical consultations, diagnostic tests, supplements, and proper maternal healthcare during pregnancy. As a result, children may enter the world already vulnerable and continue growing up without the nutrition, hygiene, and timely medical attention they need.

During their earliest and most important years of development, many children do not receive balanced meals, essential vitamins, regular health check-ups, or appropriate treatment when they fall ill. Minor health concerns are often ignored—not because their parents do not care, but because the family must choose between buying food, paying rent, earning daily wages, or visiting a doctor.

Over time, this deprivation can lead to:



The effects of deprivation on children — from malnutrition and anaemia to weakened immunity and irregular schooling.

Malnutrition is frequently accompanied by anaemia, vitamin deficiencies, poor hygiene, repeated infections, and limited access to routine healthcare. Together, these conditions can affect a child's physical growth, mental development, confidence, education, and future opportunities.

A child who is constantly weak may not have the energy to play. A child with untreated vision problems may struggle to read the blackboard. A child suffering from dental pain may be unable to eat properly or concentrate in class. A child with anaemia may appear inattentive or tired, when in reality their body simply does not have the strength it needs.

In this way, poverty does not affect only a child's present health—it can silently shape their entire childhood.

Our Commitment to Preventive and Compassionate Healthcare

At Pehal Sanstha, we believe that health is the foundation upon which education, confidence, dignity, and a better future are built. Our work therefore goes beyond treating illness. We focus on early identification, preventive care, nutrition, health awareness, hygiene, and the development of healthy daily habits.

With the guidance of our healthcare partners, **Dr. Madhur Jain and Dr. Sudhanshu Sharma**, we conduct regular medical check-ups and organise general health camps, paediatric consultations, eye screenings, dental check-ups, blood tests, haemoglobin screenings, and nutrition assessments. These interventions help identify concerns at an early stage, before a manageable health problem becomes a serious or lifelong struggle.

Our doctors and teachers also educate children, parents, and caregivers about balanced nutrition, personal hygiene, menstrual health, disease prevention, grooming, cleanliness, and healthy lifestyle practices. These simple but essential lessons empower families to protect their health even beyond our programmes.



From our medical camp with Dr. Madhur Jain — "Prevention is better than cure."

Why Your Support Matters

Many families we serve survive on limited or uncertain incomes. For parents struggling to arrange daily meals, medical consultations, blood tests, medicines, nutritional supplements, and specialist care often remain unaffordable.

During our health camps and screening drives, we found children suffering from low haemoglobin, anaemia, weakness, and nutritional deficiencies. These are not merely medical conditions—they are barriers that

prevent children from running, playing, concentrating, attending school regularly, and learning to their full potential.

Every medical consultation, blood test, nutritious meal, medicine, hygiene kit, and timely diagnosis gives a child a healthier chance at life.

Your support can reach a child before weakness becomes chronic, before an infection becomes serious, and before a preventable health problem becomes a lifelong limitation.

Together, we can ensure that no child is denied good health simply because they were born into poverty.

Your Donation Can Shape a Healthier Future

Imagine a child who wants to run, play, learn, and dream but is held back by hunger, weakness, poor eyesight, dental pain, or an illness that could easily have been treated.

Imagine parents who desperately want to help their child but cannot afford a doctor's consultation, a blood test, medicine, or nutritious food.

For these families, your contribution is more than financial assistance—it is timely care, renewed strength, a mother's relief, and a child's hope.

Donate today — because every child deserves not merely to survive, but to grow healthy, learn confidently, play freely, and dream of a brighter tomorrow.