



Kalam Foundation
Creating A Knowledge Society

HRIDAAN FESTIVAL

FESTIVAL OF JOY!

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<https://hridaan.kalamfoundation.org>



ABOUT FESTIVAL

Hridaan is a youth-led initiative to support the underprivileged Tuberculosis patients living in the rural areas of India. The funds generated through this festival will be used to deliver nutritious food to the pre-mapped TB patients for a period of 6 months. Since these patients are facing challenging times due to the COVID-19 pandemic and resultant lockdown, their nutritional requirements are not being met which has posed the threat of the spread of this disease in the community.

Hridaan Festival has a series of recreational events and competitions where anyone can participate. We have put a very nominal registration fee for the participants which will be directed towards the cause of supporting the nutritious food to pre-mapped TB patients.



PLAN OF ACTION OF PROVIDING SUPPORT TO THE TB PATIENT:

A. Supplementary nutrition

A nutritional packet would meet 15 % of calories & 40% of monthly proteins' requirement of a TB patient if totally consumed by him/her. We provide Soyabeen, Chana, Eggs, Banana to patients for six monthx. Total cost for 1 patient per month : 400/- INR The above mentioned nutritional packet will be split into 2 and will be provided every fortnightly to the patient.

B. Counselling on diet:

Bi-monthly counseling including:

- Components of a balanced diet – As suitable to local context
- Advice on protein rich diet
- Educating recipes to be made from Soybean and Chana

C. Follow up on treatment:

Bi-monthly follow up as per the checklist below:

- Linkages with govt. Facility for treatment and medicines
- Side effects if any – Action undertaken in case of side effects
- Adherence to the treatment – Compliance with the 99 Dots platform



If you want something, give it.



how can you help ?

1. Register for Events
2. Sponsor Event
3. Donate for cause
4. Volunteer with us
5. Internship
6. Event promotion

Note: Certificate of Participation to all participants & rewards for winners.

MAJOR EVENTS

You can part of joy of giving by:

- Online Speak-up Competition
- Online Idea Hackathon Competition
- Online Quiz Competition
- Online Painting Competition
- Online Sketching Competition
- Online Singing Competition
- Online Poetry Competition
- Online Debate Competition

Note: Rs. 100 for event registration.

