



SUKRITAVAANI

July 2026



Dear friends,
Greetings!!

Every kind of impairment can not be cured. While some conditions can only be managed through lifelong rehabilitation, others can be completely cured if identified and treated early. Clubfoot is one such condition. With timely intervention and proper follow-up, a child can grow up with no trace of disability at all.

For the past 12 years, we have been partnering with the Institute of Child Health, Chennai, providing customized clubfoot braces, a critical part of the treatment protocol. During this period, we have supported over 2,000 children with clubfoot. For children with only clubfoot condition who complete the prescribed treatment, the success rate has been almost 100%. Few children who come from migrant families often are the only exception due to challenges in follow-up.

The most rewarding moment is when the doctor tells a family, "*Your child is fully cured and no longer needs the brace.*" Depending on the child's condition, this milestone may come in 18 months or sometimes even after five years—but every cured child makes the journey worthwhile.

When Sridharan and his wife, Kalaiarasi, welcomed their daughter Vaishnavi into their world at Chengalpattu Government Hospital, they were faced with an unexpected diagnosis. Born through a normal delivery, Vaishnavi had a congenital clubfoot affecting her left foot.

Although the family had attended regular antenatal check-ups at a private hospital throughout the pregnancy, the condition had not been detected before birth. Like many parents, they were frightened and unsure of what lay ahead. The orthopaedic team at the hospital started the treatment with a series of plaster casts applied over three weeks to gradually correct the deformity. This was followed by a minor surgical procedure and the final cast was applied.

The next phase of treatment was equally important. To prevent the corrected foot from relapsing, Vaishnavi needed a clubfoot brace. However, this essential brace was not available at Chengalpattu Government Hospital. The family was therefore referred to the Orthopaedic Department at the Institute of Child Health (ICH), Egmore, where we support children by providing these specialised braces free of cost.

Following the doctors' advice, we gave the club foot brace continuously for the next two years. As she grew, we replaced the brace four times to ensure a proper fit. With the unwavering commitment of her parents and regular follow-up care, the treatment achieved exactly what it was designed to do.

At the end of two years, the doctors confirmed that Vaishnavi's clubfoot had been completely corrected and that she does not have to wear the brace any longer.

Today, Vaishnavi walks confidently without any difficulty. Looking at her, it is hard to believe that she was born with a condition that, if left untreated, could have resulted in lifelong disability.

Stories like Vaishnavi's have been made possible because of donors like you. These also remind us that the right intervention at the right time can change the course of a child's life. Every clubfoot brace provided through your support helps ensure that children receive the complete treatment they need—not just to correct a deformity, but to walk into a future filled with confidence, independence, and opportunity.

Thank you for believing in us.

With best regards
Sowmya Simhan

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