



**AAYU**  
FOUNDATION



**EMPOWERING  
WOMEN AND CHILDREN  
FOR A BETTER TOMORROW**

[www.theaayufoundation.org](http://www.theaayufoundation.org)



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## ABOUT AAYU FOUNDATION

At the AAYU Foundation, powered by Ankura Hospitals, our mission is to create meaningful and lasting impacts on the lives of women and children in our communities. We focus on providing access to quality healthcare, education, and empowerment opportunities.

Guided by our belief in a holistic approach to well-being, the AAYU Foundation serves as a bridge between expert care and community support. Together, we are building a future where every woman and child thrives, regardless of their circumstances.

## MISSION

AAYU Foundation is committed to enhancing the health of women and children by bridging the divide between rural and urban healthcare through strategic partnerships, educational initiatives, and robust support, fostering a community where every individual and family can thrive.

## VISION

AAYU Foundation envisions a world where every woman and child thrives, empowered by equitable access to holistic healthcare, quality education, and vital support services, bridging the gap between rural and urban communities.



## OUR VALUES

# Inspiring and Helping for Better Lifestyle

### EMPATHY AND COMPASSION

Treating every woman and child with understanding, kindness, and care, recognizing their unique needs and challenges.

### INCLUSIVITY

Ensuring access to healthcare and support services for all, regardless of background, location, or socioeconomic status.

### EMPOWERMENT

Providing tools, education, and resources that enable women and children to take control of their health and futures.

### INTEGRITY

Upholding the highest standards of honesty, transparency, and ethical practices in all actions and initiatives.

### COLLABORATION

Building strong partnerships with communities, healthcare providers, and other organizations to maximize impact and reach.

### SUSTAINABILITY

Focusing on long-term, sustainable solutions that improve health outcomes and quality of life for future generations.

### INNOVATION

Continuously seeking new approaches and solutions to address health disparities and challenges in diverse communities.

## ABOUT FOUNDER



### LEGECY OF FOUNDER

#### DR. KRISHNA PRASAD VUNNAM

Founder – AAYU Health and Research Foundation

**Dr. Krishna Prasad Vunnam** is a distinguished Indian entrepreneur, neonatologist, and pediatrician who has significantly advanced healthcare for women and children. With extensive experience in managing multimillion-dollar healthcare projects, he has transformed Ankura Hospitals into a leading provider of care in the region. His commitment to women's and children's health is evident in both his clinical practice and his philanthropic efforts.

The AAYU Foundation, founded by Dr. Vunnam, aims to bridge the healthcare divide between rural and urban communities. Its mission focuses on enhancing the health of women and children through partnerships, educational initiatives, and support systems that empower families and promote thriving communities. By prioritizing vulnerable populations, AAYU strives to ensure equitable access to quality healthcare and essential services for all.

## IN FOUNDER WORDS

"Seeing the struggles of women and children in underserved areas inspired me to establish the AAYU Foundation. Through our mission, I aim to close the gap in healthcare access, providing holistic support so that every individual has the chance to lead a healthy and fulfilling life can you make it more humanized way "

# SERVICES OFFERED BY AAYU FOUNDATION



01

## HEALTH CARE PROGRAMS



02

## EDUCATION PROGRAMS



03

## COMMUNITY COLLABORATIONS







## HEALTH CARE PROGRAMS

### **AAJU Wellness Camps**

Offering free health checkups for women and children in underserved communities.

### **Healthy Mother, Healthy Child**

Educating women on prenatal care, breastfeeding, and nutrition.

### **Mental Health Matters**

Providing accessible telemedicine support for postpartum depression for mothers.

### **Vaccination Awareness Drives**

Educating families and offering free immunizations in partnership with public health programs.

### **Hygiene and Sanitation Drives**

Promoting menstrual hygiene and distributing reusable sanitary kits.

### **Telehealth Outreach**

Expanding healthcare access through free online consultations.



## EDUCATION PROGRAMS

### **AAYU Health Ambassadors**

Offering free health checkups for women and children in underserved communities.

### **Scholarships for Healthcare Careers**

Supporting young women pursuing careers in nursing and allied health.

### **Digital Literacy for Mothers**

Equipping mothers with essential digital skills to support family education and healthcare.

### **Work shops for Adolescent Girls**

Teaching critical topics such as menstrual health, nutrition, and mental wellness.



## COMMUNITY COLLABORATIONS

### **Adopt-a-School Program**

Supporting local schools with health checkups and hygiene workshops.

### **Health and Hygiene Clubs**

Encouraging student-led initiatives to promote clean living practices.

### **Partnerships with NGOs**

Scaling initiatives through collaboration with trusted organizations.



## **FUTURE PROGRAMS**

### **EDUCATION ACTIVITIES**

#### **Education Offer & Aide :**

We will offer general education and support for the children and families to reach their learning goals with minimal stress when approaching education.

#### **Literacy and Numeracy :**

These literacy and numeracy programs develop foundational reading, writing, and math skills to help students be academically successful.

#### **Capability Building Workshops :**

They have a particular focus on personal skill or professional skill or growth practice. Thus, it equips the participants in being prepared for the modern job market.

#### **Parent Education Workshops :**

We include parenting workshops to educate parents with best practices for child-rearing, including healthy ways of managing family relationships.

#### **Community Awareness Campaigns :**

Our campaigns raise awareness about crucial health and educational issues, fostering community engagement and proactive solutions.

#### **PTA :**

PTAs are organized so that parents' concerns are better collaborated at school level, and children's educational needs are satisfied as required.

#### **Milk Bank Initiative :**

At AAYU Foundation, we understand how crucial nutrition is for premature and vulnerable infants, which is why we've established milk banks.

Providing safe, screened donor milk ensures that these babies receive the nourishment they need to thrive, supporting their growth and health while reinforcing our commitment to community and compassion.

#### **Health Education Workshops :**

Empower the community to understand healthy lifestyle and disease prevention and the many health services available.

## **Nutrition Education Programs :**

Here, we educate the family about nutrition, the right kind of healthy habits, and meal planning for good health.

## **First Aid Training :**

The participants of our first aid training are empowered to respond appropriately during any emergency, thus making the community safe.

## **Health Seminars of non-communicable diseases :**

In such seminars, the strategies of prevention and health promotion for participants mean they will know how to keep healthy themselves

## **Mental Health Awareness Sessions:**

We give them important mental health resources and knowledge to help in reducing stigma and promoting emotional well-being within our communities.

## **Parenting Classes and Child Care :**

The courses educate parents to undertake effective child care through methods like developmental milestones and nurturing practice.

## **Webinars and Online Training :**

we organize webinars on flexible hours to learn about several health and education topics from home.

## **Resource Navigation Workshops :**

These workshops will help participants identify what resources and services exist in the community, thereby making accessing support easier.

## **Online Resources for Health (Interviews, podcasts, talk shows):**

We create entertainingly engaging online content that brings informative value based on health and education insights by experts or community leaders.

## **Sensorial Play (Special Child):**

Sensorial play is offered for the special child in an environment that will help promote cognitive as well as physical growth among children.

## **Arts and Crafts :**

Arts and craft sessions are provided where children's creativity and self-expression are encouraged, thereby enhancing emotional and social development in children.

## **Story Time and Reading Sessions :**

Our reading sessions promote literature appreciation among children, further developing their literacy and encouraging creativity and imagination.

## **Social Skills Groups :**

Such programs provide a helping environment for the child to learn and practice excellent social skills, thereby improving their interpersonal communication relations.

## **Cooking Class :**

We train people on how to prepare healthy meals and send them home to practice good and healthy choices for themselves and their families.

## **Board Games and Puzzles :**

Our board games and puzzles develop intellectual capacity and teamwork, but also teach new skills in entertaining ways.

## **Horticulture Ventures :**

Engage children in horticulture ventures to teach them about personal responsibility, patience, and healthy eating habits in relation to life.

## **Yoga and Relaxation Techniques :**

With a practice of developing non-coping-appropriate strategies for stress, yoga sessions promote physical well-being and mental peacefulness.

## **Interactive learning games :**

We make a game of learning, and they are repeated ad nauseam to make sense.

## **Thematic Role-Play Activities :**

Our role-play activities mimic real life, where children learn to think through problems and develop emotional intelligence.

## **Peer Buddy Programs :**

These programs match children with peers to improve social skills, to develop friendships, and to make the community more inclusive.

## **HEALTH ACTIVITIES**

### **Health Care :**

We provide full health-care services to allow proper care for any person according to his or her specific needs.

### **Health education classes :**

Our health education classes will empower communities with knowledge on health issues, thereby enabling them to make informed decisions.

### **Health Fairs :**

Sponsor screenings, resources, and information with health fairs for the promotion of community health and wellness.

### **Mobile Health Clinics :**

Mobile health clinics bring important healthcare services right to where the need is, in underserved communities.

### **Vaccination Awareness Campaigns :**

These campaigns educate communities about the importance of vaccinations in preventing disease and promoting public health.

### **Informational flyers and brochures :**

We have evolved to create information pieces that focus on critical health information to make knowledge accessible.

### **Support Groups :**

Our support groups facilitate an environment in which people share experiences and they find emotional support from fellow people experiencing similar difficulties.

### **Chronic Disease Management Workshops :**

We do these workshops to educate and make lifestyle adjustments to help people with chronic conditions.

## **Health Screening Events :**

The health screenings diagnosed little health issues early on to equip community people with much-needed preventative care.

## **Mental Health Screening and Awareness Days :**

We host mental health events that carry with them screenings, and educational material meant at de-stigmatizing mental health problems.

## **Wellness and Fitness Programs :**

Wellness and fitness programs encourage people to be active, stay healthy for the greater good of promoting the community toward healthy living.

## **Counseling Nutrition Sessions :**

Our involvement involves offering personal nutrition counseling that helps patients and individuals to eat soundly for wellness ends.

## **Parenting Survival Workshops :**

These endow parents with skills on how to handle various parenting challenges, bringing resilience and effectiveness in parenting.

## **Substance Abuse Awareness Programs :**

The programs create awareness about substance abuse, preventive techniques, and available support resources.

## **Home Visits :**

We do home visits to cater to the needs of vulnerable and weak patients who require special care and support.

## **Caregiver Support Programs :**

This provides caregiver with information and support; the support services would reduce stress and better take care of family members.

## **Community Health Advisory Boards :**

We work with the community on health initiatives through advisory boards that ensure to prioritize and give voice the needs of local residents.

## **Healthy Cooking Demonstrations :**

Our cooking demonstrations teach community members how to prepare nutritious meals, which consequently ensures better choices for diets.



### **Resource Referral Services :**

We connect our patients with other health services and community resources by means of easy access.

### **Health Literacy Workshops :**

These workshops are to improve literacy in health so that patients can understand health information and make appropriate health-related decisions.

### **Exercise Challenges :**

Our exercise challenges pressure our community to perform exercises in groups hence fostering company ethos and healthy lifestyles.

### **Research Cooperation :**

We have research cooperation partners that have immense concerns for the betterment of public health issues and community health outcomes.

### **Aftercare Programs :**

Its aftercare programs ensure that all those who are undergoing primary treatment get the continuing care they need.

### **Telehealth Services :**

We facilitate access to medical consultations by offering telehealth service to minimize the need for in-person visits.

### **Health Education Podcasts or Videos :**

We are creating energizing audio and video content that gives the audience vital health information, accessible.

### **Stress Management Workshops :**

Effective techniques to manage stress are imparted in our workshops for improving individuals' mental well-being.

### **Bereavement Groups :**

We conduct bereavement groups for people dealing with loss, so they can heal and cope in a safe setting.

### **Musical Movement Class for Special Child :**

In this class, specific special children are made to combine fun and movement along with music in a developmental manner.

### **Animal Therapy :**

Among our programs, we include animal therapy to create greater emotional support as well as well-being among participants.

### **Field Trips :**

Our field trips offer experiences outside the classroom walls, thus widening the learning experiences and exposure to new environments.

### **Creative Movement Classes :**

They allow for self-expression and physical exercise, considering both physical and mental health, through creative movement.

### **Disability :**

Access assistive technology we also make accessible assistive technology that enables persons with disabilities to fully enjoy life in society.





**TIRUPATHI**



**KHAMMAM**

**BHUBANESWAR**





## TIRUPATHI – ANDHRA PRADESH









# KHAMMAM – TELANGANA









## BHUBANESWAR – ODISHA









walk to raise awareness. Chief Guest Miss Dutee Chand, Indian Athlete-Women's 100 meters, flagged off the Preemithon. Present on the occasion. The Preemithon event serves as a platform to educate the public about prematurity. Through this initiative, Ankura Hospital is committed to providing exceptional care for premature infants and supporting their families throughout their journey said Dr. Guru Prasad.



**GET INVOLVED**



**VOLUNTEERS**



**PARTNERS**



**SPONSORS**



## DONATE NOW

Donate by wire transfer through RTGS / NEFT/IMPS

**Account Name** : AAYU HEALTH AND RESEARCH FOUNDATION

**Account Number** : 50200061569579

**IFSC Code** : HDFC0001041

**Bank Name** : HDFC Bank

**Branch Address** : Jeedimetla, Hyderabad-500055

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