



Food for Thought

By Marcus Barachiah - Contributor



Health and Strength - it's a gift

Ramesh is working today. Tomorrow he will probably work. He is expecting to get another week done before the treatment knocks him down again. He is grateful for the help provided by the Ganga team and he enjoys the nutritious fruit which was only made possible by your donations. Thank You.

"I thought this kind of food was just tasty, but it is good for you." Ramesh says "It gives me strength and hope."

Ramesh Sundar and Rahul are three of the several TB victims who have seen months of grueling treatment and still have a way to go. The medication is provided by the Government free of charge but the burden of providing for the family while Ramesh recovers falls to no-one but Ramesh. As a result of this kind of financial strain, many TB victims do not receive proper nutrition and therefore do not make a full recovery. It's a vicious cycle.

Every failed treatment makes it harder next time because the TB bacteria become resistant to the rigorous course of antibiotics necessary to eradicate them.

Many patients must undergo the humiliation and bondage of borrowing from family and friends to support themselves while they are unable to work, some are literally starving, and others contemplate suicide.

But it doesn't have to be that way, and with your much-needed help, through the GlobalGiving Fundraising program, Ganga raised \$670 and have, taken the initiative to feed patients like Rakesh. Fruit such as apples and pomegranates were chosen because they are known for their power to combat disease.

The Ganga team personally handed out the first round of nutritious food to a selected group of the most at-risk patients. Then, we arranged for the vendors supply the patients directly. When they travel to the hospital for medication, they stop by at the vendor, show their card and pick up their supply. Vendors are reimbursed by Ganga.

We hope to expand the program to reach more and more people in more places. The need is enormous and the solution is so simple. \$670 may not seem like much, but it goes a long way when it is administered with care.

Thank you to all our supporters, with your help, we will save lives.



First round



A rest-stop on the road to recovery



[Feed 20 Neglected Tuberculosis Victims in India](#)

by Ganga

 [India](#),  [Health](#)

In 2014, there were 9.6 million cases of active TB which resulted in 1.5 million deaths. If left untreated, TB kills about half of those infected. Medication is issued by the Indian government, however most of the victims, being laborers or farmers, have no means of support while they are sick. The treatment often fails because the sufferer does not make a full recovery due to malnutrition. They either die or continue to spread the disease. This project aims to break this cycle.

