



ANNUAL REVIEW

2014-2015

FREE PROFESSIONAL PALLIATIVE CARE
FOR ADVANCED STAGE CANCER PATIENTS



ABODE OF COMPASSION

BT

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During the year Mr. Mahesh Parikh took over from Ms. Ambika Narayan as the new President of Rotary Bangalore, Indiranagar.

*An Abode of
Compassion*
THE BANGALORE HOSPICE TRUST

“There is a greater need for care
when there is no hope for cure”



16 Years of In-Patient Service
19 Years of Home Care Service
Around 15,500 lives touched

A Joint Project Of
The Indian Cancer Society (Karnataka Chapter) and Rotary Bangalore Indiranagar
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MANAGING TRUSTEE'S REPORT

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As we continue on our journey to provide free palliative care to advanced stage cancer patients, it is for the first time that we have had to refuse admission to our patients due to a shortage of beds. While it is satisfying that we are able to reach out to more and more patients who need us, it is also disappointing when we cannot accommodate all those who need our services. However, I am happy to report that the construction of two new wards will add 24 more beds and this is progressing rapidly. This will help us to look after more people, with our total capacity reaching 79 beds.

We have also completed the new Administration Block this year and the administration offices were relocated on 1st May 2015. This has opened up a much needed space in the main building for our medical activities.

We recognise spiritual care as an important component of palliative care. In February this year, we organised a colloquium on "Spiritual Care and End of Life Care" that was well attended by International and National faculties and participants. Hopefully, this will be the first of many such programmes that we plan to organise in future. Bangalore Hospice Trust completed 20 years of its existence this year. It was time to reflect and look back with gratitude to all those people and events that have made it possible for us to reach where we are today. Our grateful thanks to the thousands of patients and their families who reposed their faith in us and justified our very existence.

Once again our staff has continued to strive to offer the best possible Palliative Care for our patients, both in Karunashraya and home care. I am indeed grateful to all of them for their efforts.

I am also thankful to our Volunteers who continue to give their time and and put in a lot of effort to help us with our cause. I would like to express my gratitude to the Navajbai Ratan Tata Trust and the HANS Foundation for their continued financial support and to all the other donors who have been with us during the year and made it possible for us to carry on with our work.

We look forward to the future with excitement and humility as we expand our facilities and explore new areas of activity in Palliative Care.

I quote Dame Cicely Saunders, our founding patron

*"You matter because you are you,
and you matter to the end of your life.
We will do all we can not only to help you die peacefully,
but also to live until you die."*

*-Dame Cicely Saunders
nurse, physician and writer
and founder of hospice movement (1918 - 2005).*

*"We recognise
spiritual care as an
important
component of
palliative care"*

Gurmeet Randhawa
Managing Trustee

End of Road is Where Karunashraya's Journey Begins.

Projects

At Karunashraya, our work is all about welcoming advanced stage cancer patients into our midst with compassion. We try to make their lives pain free, comfortable and peaceful as they spend their remaining days in the idyllic surroundings of the hospice. To this end, Karunashraya is involved in a range of palliative care activities that include home-care, inpatient care, education and training.

Karunashraya's Mission

Its mission continues to align with the goals of Palliative Care, namely:

- To become a center of excellence in providing in- patient and home based palliative care
- To ensure peace and dignity and the best quality of life for advanced stage cancer patients
- To become a centre of excellence in providing training, education and awareness in palliative care to health professionals and the general public.

Karunashraya's Objectives

- To alleviate pain and related symptoms.
- To alleviate emotional trauma for both patients and care givers.
- To ensure better quality of life at every step
- To counsel the patient's family in order to give them fortitude to accept and deal with the situation and to provide bereavement and post bereavement support.
- To heighten awareness of palliative care

Karunashraya's Activities

Three major activities at Karunashraya include:

In-Patient total care

Home care service

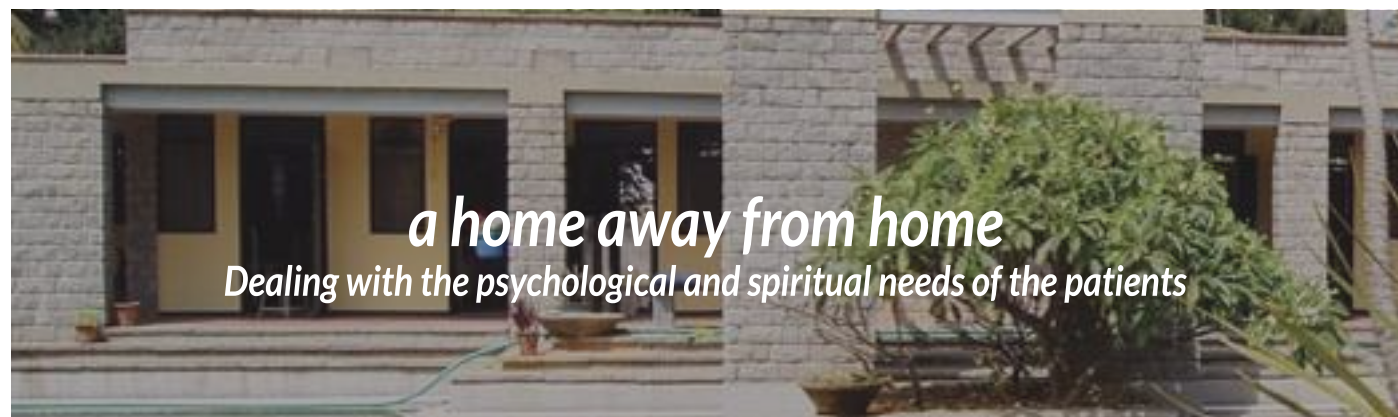
Education

In-Patient Care – a home away from home

If anything can help advanced stage cancer patients to feel better, it would be the sprawling, green, beautiful and well-designed facility at Karunashraya. Here, patients are admitted with the objective of alleviating pain and other distressing symptoms.



Our team of Palliative Care professionals is trained to deal with the psychological and spiritual needs of the patients. The nursing staff is especially competent in handling their intensive minute-to-minute physical requirements. Together, they form a formidable support system that is difficult for patients' families to provide in their homes during the last stages of Cancer. Thus with the care of Karunashraya's well-trained and competent team of doctors, nurses, family counselors, physiotherapists, volunteers and administrative staff, they begin to heal spiritually and to come to terms with their illness. The 55 bed In-patient facility has been in operation for over 16 years now, extending care to over 12,500 patients, of which over 6,915 have breathed their last peacefully and with dignity after being given professional and compassionate care and comfort.



Home Care we reach you when you can't reach us

Five years prior to commencing operations at its inpatient facility, Karunashraya launched home care services. Given that its experience in home care has enhanced its expertise over the years and that the home care services have been highly sought after, in the recent past Karunashraya has added another team to cope with the demand better. To increase coverage and to improve the efficiency and efficacy of the home care teams, two Home Care teamshave been deployed that travel through the city to provide home care services.

The home care teams now comprise of multi-disciplinary nurses, a physiotherapist, a health assistant and a social worker who give Palliative Care including counseling and non-curative treatment. During the last two decades, Karunashraya has cared for around 3000 patients and 2800 patients who have breathed their last, have done so with dignity and more painlessly. The average number of patients under its care at any point of time is around 50.

**Two Home Care teamshave
been deployed that travel
through the city to provide
home care services.**

Education spread the message, share the experience

In the **20 years of existence**, Bangalore Hospice Trust has been able to generate a pool of expertise and experience in the field of Palliative Care and runs several educational Programs in order to spread, share and exchange knowledge in the field.



Health Assistants Training Program

BHT, besides providing Palliative Care for advanced stage cancer patients, is also doing yeomen service to the community by training young girls mainly from rural/less privileged backgrounds into Health Assistants, who are eventually useful to any sort of patients, at their respective residence, thereby providing the youngster, a specialized vocational skill and the ailing patient, the much necessary and desired professional help at a very moderate and affordable cost. Besides this, the very poor parents of the girls also benefit from their daughter's learning new skills and thus becoming employable.



Women from the lower socio-economic group between the ages of 18 to 22 are trained as Health Assistants, who would otherwise have not been able to go for any higher education or make a career for themselves. The course duration is 6 months, rendered free of charge and this includes training – theory and practical, food and lodging. A monthly stipend is also paid to each trainee. Once trained, the Health Assistants are employed in the hospice as care-givers. BHT has completed 20 batches of training and the service continues to be successful. We are happy to report that this program achieves the twin goals of filling a niche need in the society around us, and also empowers these young women to have a career.

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Post-Graduate Palliative Training Program

The Cardiff University, UK, has been running a Post Graduate Program in Palliative Medicine for the past 18 years. In 2007, the University signed a MOU with Karunashraya, for a joint program in Palliative Care. This MOU laid the foundation for a long and fruitful partnership between Karunashraya and Cardiff University and has been further extended for five years effective October 7th 2012. Karunashraya has been able to make use of Cardiff's expertise in devising many short-term programs (one to three days) for local doctors, nurses and other health care professionals. This initiative is in line with Karunashraya's endeavor to share its knowledge and also benefit the community at large by creating more experts in Palliative Care.

**Karunashraya does not derive
any financial advantage from this program.
It is a purely a service oriented initiative.**

Satellite Hospices

Its role as a knowledge incubator



Snehanchal Palliative Care, Nagpur

At **Karunashraya** it is believed that, sharing the knowledge gained over the years with satellite hospices will help a larger population than could be served ever independently. Towards this goal, Karunashraya has been spreading the word that it is glad to train staff and guide other charitable bodies wishing to render Palliative Care. Subsequently, MOUs were signed with organizations in Shimoga, Chennai, Puttur, Nagpur, Kallianpur, Vellore and Mangalore and these Hospices are all functioning independently now. Doctors, Nurses and Counselors for all these Hospices have been trained at Karunashraya and the association continues with Karunashraya consulting regularly on their day-to-day operations. Karunashraya will continue its role as a knowledge incubator by promoting the setting up of more satellite hospices and will continue to conduct "Continuing Medical Education" (CME) for these hospices.

Events at Karunashraya

Memorial Day Celebration



On May 1, 1999, Karunashraya's first patient walked in. Every year, at Karunashraya, this day is remembered as Memorial Day. The day is marked by inviting current patients, their families, past patients families, well-wishers etc. to come and share their experiences and thoughts - and it is a day to pause and say THANKS to one and all who have helped bring Karunashraya to the place where it is today! Memorial Day is a day of mixed feelings - a feeling of having given its best to the welfare of the suffering and also a feeling of sorrow for all those who no longer are with us.

20th Anniversary of the Trust

Karunashraya commemorated the World Hospice day along with celebrating the Trust's 20 years of selfless service to suffering cancer patients. To celebrate this special day an evening of entertainment was organized that was thoroughly enjoyed by patrons and well-wishers. A big thank you to the Sunaad team for a wonderful show put together so brilliantly.



Celebrating
20 years
of selfless
service to
advanced stage
cancer patients

Spreading the message of love and care

World Hospice Day was celebrated at Indiranagar Club, Bangalore on 11th October 2014. It is a 'unified day of action to celebrate and support hospice and palliative care around the world'. The event was attended by the well-wishers and supporters who believe in spreading the message of love and care.

World Hospice Day



Colourthon: A blast of colors and tons of smiles

Unlimited fun, tons of organic color, splash of water, laughter, day out with friends, unlimited dancing and posing for photos and selfies....could our patrons ask for more? The event brought together people from various walks of life and the bottom line was to have unlimited fun in the true spirit of the festival Holi. The colorful event was enjoyed to the hilt by everyone who joined in as they splashed and sprayed color and danced away like there was no tomorrow. The highlight of the event although was adding color to the lives of those who needed it the most, through the ticket sales proceeds from the event. Karunashraya's patients, their families, staff, donors and guests enjoyed the day immensely and tons of requests came in from patrons to make this an annual event

10KMarathon



Team Karunashraya participated in the annual TCS World 10K marathon with 23 members participating in the Majja run.

Colloquium on spiritual care in palliative care and end-of-life care

A harbinger of better initiatives in Palliative Care, the hugely successful Colloquium on Spiritual care and End-of-life care was organized by BHT in Feb 2015 at Bangalore. The event saw a lot of ideas and thoughts coming to the fore on spirituality and religiosity, in addition to the much talked about concerns pertaining to counseling techniques for advanced stage cancer patients. BHT hosted a few distinguished and eminent personalities from the field of internal medicine and Palliative Care - Dr. Christina Pachalski, Dr. Amy Wachholtz, Dr. Prabha Chandra, Dr. Santosh Chaturvedi, Dr. Thimmappa Hegde, among others who addressed the gathering and provided valuable insights into complex subjects and also addressed concerns voiced by the delegates. BHT is proud to be the first to host such a colloquium in India and believe that this is only a beginning to many more such seminars, through which better initiatives are implemented in the field of Palliative Care and end-of-life care in Bangalore and in India.



Clinical talks, Workshops and Camps

In today's fast-paced world, given the extensive research and advancements, one is left behind if not abreast of the latest developments. At Karunashraya, a constant endeavor has always been to keep the medical team (of doctors, nurses and health assistants) always updated on what's new in medical science, especially in the field of palliative care and cancer. Clinical talks, seminars and workshops hence form an integral part of the events calendar at Karunashraya.

Always keeping Updated



Communication Workshop

A workshop on "Handling difficult situations while talking to patients and their relatives" was organized on 18th October 2014 at Karunashraya. The workshop was organized by Mr. Gurmeet Randhawa, Managing Trustee and Dr. Nagesh Simha, Medical Director of Karunashraya. The doctors and counselors made the most of this opportunity to not only understand better the sensitivity of counseling the patients, but to also clarify a few queries and address some concern areas that they come across during their everyday counseling sessions. The workshop was very interactive and informative.



Handling difficult situations while talking to patients and their relatives

Clinical Talks

In 2014- 2015 clinical talks were given at Karunashraya by Dr. Muralidhar on Stoma Care, Dr. Ashwini on breast cancer, cervical cancer, pre- menstrual syndrome, menopause and women health, Dr. Kiran Kulkarni on palliative care in cervical cancer, Dr. Patil on An Over view of Chemotherapy, Dr. Arvind on The Management of Uncontrolled Diabetes and Uncontrolled Hypertension in a Palliative Care Setup and Dr. Yogesh on The Management of Fractures and Osteoarthritis in a Palliative Care Setup



Dental Camp



On November 6th, 2014 Dr. Sagar and Dr. Pooja G.M. conducted a free dental screening camp for the staff and the patients at Karunashraya. This helped to increase the awareness of oral health and also promote dental care. The visiting dentists were very kind to also offer free consultation for the staff and patients in the future as well!

Awareness of Oral Health

OTHER INITIATIVES

Online teaching resource in collaboration with Cardiff University

Karunashraya is in discussions with the Cancer and Palliative Medicine Department, Cardiff University on creating an online teaching resource for Palliative care in India. In line with this objective, Dr. S.N. Simha, Medical Director, BHT met with the team at Velindre Hospital, Cardiff during 13 and 14 November, 2014.

Health Assistants Graduation Day

The beginning of a new chapter

On November 19, 2014 seven trainees of the 20th graduating batch of The Health Assistants Training Program were issued completion certificates. This marked the beginning of a new chapter in the lives of these young, inspired, compassionate girls who could now begin to live their dream of touching and making a difference in the lives of the less-fortunate by nursing and caring and providing that comfort and peace to Karunashraya's advanced-stage cancer patients.



Vocational Training Team (VTT) program at UK

Rotary International along with District 3190 in India and District 1190 in the United Kingdom, organized a 3-week VTT program in September 2014 under which a doctor and a member from the PR Team of Karunashraya visited a couple of hospices -Hospice At Home, Shrewsbury and St. Catherine's, Preston to study various palliative care practices and to learn about the much-evolved hospice movement in the U.K. The reports submitted brought to the fore the necessity of implementing a Day Therapy Unit which would essentially provide day care with both Symptom management, Complementary therapies and Diversion therapies to cut down in-patient stay in the long run and also highlighted the need for a Lymphoedema Clinic at Karunashraya to increase the efficiency of Lymphoedema treatment. Very soon Karunashraya had its own Lympha-compressor to treat Lymphoedema for its in-patients and day care patients with funds mobilized by its PR team. The study under this Program also helped mobilize the vast pool of volunteers in Bangalore, both individuals and groups, to spread awareness of cancer and more specifically propagate Karunashraya's message of Palliative Care, in a more structured manner. To meet this end, the PR team began reaching out to and gradually building a database of volunteers and organizing volunteer meets. This served a dual purpose, that of increasing footfalls at Karunashraya thereby giving an opportunity of propagating the work done for advanced stage patients at Karunashraya and also that of identifying and utilizing valuable resources (of time, energy and contacts) that the volunteers were willing to offer.

Vocational Training Team program at UK

Karunashraya Team participates at the IAPC

Our doctors and nurses participated at the 22nd annual conference of the Indian Association of Palliative Care (IAPC). The conference hosted eminent speakers who talked about the latest developments and practices in palliative care being followed across the globe and various best practices and initiatives that are truly changing the meaning of palliative care. Attending the conference was an enriching experience that provided our team valuable insights and also proved the ideal platform to connect with the stalwarts of the field and clarify our more specific queries based on ground realities at our hospice. The conference was attended by other hospices/Palliative care delivery units from across the country and facilitated valuable interaction between them.



22nd annual conference of the Indian Association of Palliative Care

Spreading the message of palliative care by increasing footfalls at Karunashraya

Visits from Educational Institutions

We owe a big THANK YOU to the managements and visiting faculties / students of the following educational institutions that considered Karunashraya as a role model in palliative care in Bangalore and visited us to educate themselves of the various aspects of a palliative and end-of-life care center and its functioning.

- Krupanidhi College.
- Gopalan School.
- SRM College of Architecture ,Chennai.
- Archarya College.
- St. Philomena College, Puttur.
- St. Johns Medical College
- Karnataka Public School.
- Jana Jyothi Vidya Niketan.
- Drishya Learning Center.
- Narayana Tech and Vemana Institute of Technology.
- BMS Architecture College.
- WE Tech – Women Enhancing Technology.
- National Public School.
- Indiranagar and Little Angels.
- Idea College of Architecture , Nasik.



Engagement by corporate houses and companies

Fund raising and awareness program

A sizeable portion of the events calendar at Karunashraya is blocked for various fund-raising initiatives and awareness programs that are conducted at corporate houses, which gives a very good platform to spread the message of palliative care to lots of people from various socio-economic backgrounds.



Joy of giving

Yet another smash hit campaign from the Karunashraya stable, the 'Joy of Giving' campaign was unique in its own way. Employees at various corporate houses were surprised to see what greeted them when they walked in to their cafeteria for a quick lunch – a large wish tree that had wish cards, each representing a need at Karunashraya. The blue wish bearing tree turned into a yellow smile-filled tree which denoted wishes that were fulfilled.

Campaign was unique in its own way

'Be A Santa' Campaign

A fund raising and awareness program initiated during the Christmas month, primarily aimed at raising funds for Karunashraya along with creating awareness about palliative care among the staff. Generation of information in the companies will help the employers to know more about the palliative care and also would come forward to support this cause in providing happy environment for the patients. The campaign was successful in creating awareness about hospice.



Aimed at raising funds for Karunashraya along with creating awareness about palliative care among the staff

Floor Walks in corporate houses

Karunashraya's PR team walks on every floor of the company creating awareness on palliative care and sensitizing the staff on various ground realities and gaps that need to be plugged and thereby urging the staff to come forward and support Karunashraya's cause. We wish to thank each of the companies listed below for giving us opportunities to connect with its staff on their premises –Deloitte, Hewlett Packard, Keerthi Flora Apartment Complex, Capgemini and ITC.

CSR Initiatives

An important chunk of the work that Karunashraya's PR team does pertains to corporate relations that involve active participation by companies through their respective Corporate Social Responsibility (CSR) programs. Hence, it is only appropriate that Karunashraya acknowledges the active participation of these companies and corporate houses in organizing various cultural programs, for assisting in cooking meals for its patients and for helping out with various routine chores and for putting together games and day-trips for its nursing staff. Truly Karunashraya's diversion therapy for patients would have been quite lackluster and incomplete without the involvement of each of the companies mentioned below. Karunashraya appreciates your sincere efforts and participation and heartily thanks each one of you for engaging with us through your respective CSR initiative and also look forward to your continued participation with even more enthusiasm and vigor in future as well.

Karunashraya thanks each of the companies listed below for their participation through various events each one has put together

- Broadcom
- Deloitte
- TESCO
- Intel
- Sabre Technologies
- GE
- L&T
- India Medtronic's Pvt. Ltd
- CCI Valves SJR
- DELL Computers
- TATA Coffee
- Software AG
- Project Management Engineering Services
- Hewlett Packard
- JP Morgan
- Accenture
- Quintiles
- Selco
- Eurofins IT Solutions
- Infinera India Pvt. Limited

Volunteering groups

The volunteering groups including various associations that patronize Karunashraya earn a special mention and deserve acknowledgement for engaging with it and supporting its cause. These are people that take time out from their regular daily schedules, leave their work behind, and take the pains to visit Karunashraya and in their own way, assist in its daily functioning of the hospice without expecting anything in return! Karunashraya remains truly indebted to each and every volunteer that has engaged with it during the last year. To mention a few volunteering groups here - SRR, Share a Smile, Sanman and Youth for Seva among many such similar groups that it looks forward to having on its premises in the future as well.

THE K-CHARITY SHOP

Give or take, you donate either ways

A key contributor to the fund raising initiatives at BHT is its very own Charity Shop. In February this year, it celebrated its 3rd anniversary. A key milestone in the eventful journey of Karunashraya was the setting up of its Charity Shop – an idea envisaged by a group of enthusiastic volunteers, who were also instrumental in making it a reality in 2012. This effort brings in a steady inflow which supports operations. The Charity Shop puts together every month a 'Sunday Sale' on the lines of the 'Garage Sale' which is very popular abroad. The response has been very encouraging and has gathered momentum over the years resulting in liquidating stock, especially clothes, toys and furnishings.



“The response has been very encouraging
All proceeds from charity sales
and the sale of goods at the shop
go towards patient care.”

CASE STUDY

Hema (name changed), a 40-year old single mother, lived with her two children. Her husband had separated from her when the kids were young. Hailing from a poor socio-economic background, Hema was the sole breadwinner of her family. She would often fall sick with symptoms of breathlessness, frequent coughing and severe pain in her right chest. She was initially diagnosed with Tuberculosis. When the treatment didn't help her she was referred to another hospital. There she was diagnosed with lung cancer with bone metastasis. She completed two cycles of palliative chemotherapy but didn't have enough money to continue further treatment. Her condition worsened and she was referred to Karunashraya for symptoms management.

She was constantly worried for her children and the uncertainty of their future in her absence. Since she was financially constrained, she was clueless of how to secure her children's future and did not want to die before that. She was hoping that some treatment would help her live long enough to meet that end. She constantly grudged her husband abandoning her and her children.

The counselors at Karunashraya tried to comfort the family first by holding their hands and then tried to reason their situation with them. After assessing the family's financial situation, the counselors arranged for support for the children, both educational and financial, through an NGO. Although Hema realized she didn't have much time left with her, she remained optimistic, given that now her concerns were being addressed. Gradually, her general condition improved. Securing the future of her two children made it easier for her to face her impending death. She visited all her relatives at her native before she met her end. Having the satisfaction and relief that her children's future was well taken care of, she had that much needed peace during the last days of her life. We pray her soul rests in peace.



Karunashyaya counselors arranged for support for the children, both educational and financial, through an NGO

SOME TESTIMONIALS

My experience at Karunashraya



I got my grandmother to Karunashraya early this year. She thought she was being admitted to a hospital and she would be discharged once she gets better. I didn't have the courage to tell her that her days were numbered. She was very close to me and it was very hard to see her in that state. She showed some improvement in her health during the first week of her stay. Two counselors spoke to her for hours together to make her feel home. Somehow she found solace in pouring her heart out to them. She found two new friends in them. She looked forward to talk to them every single day. Whenever she would see the doctors she was reassured that she was in safe hands and was cared for.

Lot of patient's healing depends on how the care takers treat her/him. They were there to attend to her whenever she needed them. She felt indebted to them. One of those days I got a call from the nurse that her breathing pattern had changed. I rushed to the ward early in the morning. Her breathing was so loud that it could be heard in the entire ward. The fear in her eyes was so prominent that it shook me. After she was aspirated she told me that she saw Guru Raghavendra sitting right in front of her eyes and he was looking at her with a compassionate smile. I was moved. After this episode it didn't take long for her to make peace with Him and realize that she isn't going to go anywhere but to Him. Whenever I'd talk to her she would give me such a pleasant smile as if she has found answers to all the questions in her life. She would raise her hands and bless me wholeheartedly. She was alert, conscious and talking for the next couple of days. After that she went into a deep sleep. She didn't eat or drink anything. Finally, she breathed her last with her daughters beside her. **I was devastated to have lost her. But at the same time I was happy that she wasn't in pain, she wasn't terrified when she passed away. She was in such peace. Her face was still bright. This is precisely what I was looking for when I brought her to Karunashraya. I'm indebted to the staff of Karunashraya who helped her find that peace of mind during her last days. I want to thank everyone at Karunashraya from the bottom of my heart in taking care of my "Aiji".**

Thank you!

ShubhaRao

family member of one of Karunashraya's (late) patients

"I was happy that she wasn't in pain, she wasn't terrified when she passed away. She was in such peace"

Taking Care
with love

Being Human ThroughKompassion (BHT – K)

I had heard a lot about the amazing work that Karunashraya was doing and each time I would pass by, I would want to pay a visit. Finally it was early Jan 2015 when I walked-in wanting to engage myself with this institution and hoping to make a small difference in my own way. But I did not have the slightest inkling as to how big an impact this institution would instead have on me and how it would alter my outlook towards life and give me a whole new meaning to the phrase 'being human'!



*I slept and dreamt that life was joy,
I awoke and saw that life was service,
I acted and behold, service was joy"*
- Rabindranath Tagore

Karunashraya, as I have witnessed, has always given to everyone in some way or another, be it a **sense of fulfillment** to a volunteer (like me) who would walk-in to offer his/her time and efforts, or **satisfaction** to a donor that his/her donation will for sure be utilized for the intended purpose(s) or **contentment** to an employee engaged with Karunashraya knowing that s/he is working for such a noble cause or simply **awakening** a desire in a visitor to associate himself or herself in some manner with this institution. This apart, near-total occupancy at all times and a perpetual wait-list of people awaiting admission, stand testimony to the dedicated service that Karunashraya has been rendering to humanity, for two decades now.

During my first week at Karunashraya, the energy and the positivity in the environment gripped me. What also touched me immensely was the dedicated care being provided by the nurses and the health assistants to the people admitted here, irrespective of their caste, their religion, the income group they belonged to or absolutely any other factor that (so infamously) divides us humans into water-tight factions in society. I was also amazed by the grit and the courage of these young impressionable nurses and health assistants who, despite staring death in the eye every single day, would remain positive, cheerful and always ready to help! This, as I witnessed, always made a huge difference to the patients' psyche and helped them to cope better with their medical condition and the distress that accompanied it. I could see the comfort in their eyes and in their demeanour. For most of them, it was like being at home away from home. Many a time I have wondered how Karunashraya was a blessing from up above for each and every one of the patients admitted here.

*"Success is not about the money you make, but the
difference you make in somebody's life."*
Michelle Obama, First Lady of the United States of America.

Penning my experience at Karunashraya would be incomplete without mentioning its counselors – whom I consider to be extremely "success"ful. What influenced me most about them was how they never restricted themselves to merely providing palliative care to the patients and their family. While counseling was their main focus, they stretched themselves by finding ways and means to ease the other (equally) pressing needs of the patients' families, especially those who were from the weaker financial strata of society. Be it trying to find a donor to sponsor the education of the children in a patient's family or assisting with finding a job for the spouse (where the patient was the breadwinner) or even getting a sponsor to provide for provisions for a month for the patient's family, the counselors empathized with the patients. That, for me, is beyond the scope of palliative care. I have witnessed the counselors at Karunashraya demonstrate what it truly takes to deal with very painful and emotionally draining situations, resulting out of having to face extremely pointed and blunt questions and having to also address very complex spiritual concerns of the patients. But eventually they would try their best to provide the patients that much-needed comfort and solace, to help him / her pass on with a clear conscience and with dignity and peace. Kudos counselors!

Karunashraya isn't quite like the stereotypical organization or a corporate house where merely the minds brainstorm and steer the company ahead. The heart also plays an integral role in its functioning and that's what I found in the manner in which every member of the administrative, finance and the public relations teams went about their jobs. I guess this explains why the administration and finance teams manage the resources so well, just as we would manage our resources at home while the public relations team connected extremely well with the outside world and struck that right chord at all levels in corporate houses, with individuals and with volunteering groups, thereby ensuring the donations kept flowing in. Again, not restricting themselves merely to funds raising activities, the public relations team always kept the mood and the atmosphere at Karunashraya upbeat and pleasant, by working behind-the-scenes to organize cultural events, games for the nursing staff, all through the active participation of various volunteering groups, societies and CSR teams of companies. This would help cheer the patients up and divert their attention, which in itself was therapeutic. While I consider it my misfortune that I wasn't associated with Karunashraya during its early days and over all these years, I still feel lucky I got to be part of the noble cause this institution supports. I continue to stay connected with this institution as it means much more than just a hospice to me. The institution and every one working in it is blessed and while they take care of serving humanity, the universe takes care of making sure that the resources needed to run Karunashraya never dry up!

They say “what goes around comes around”.

Karunashraya makes me believe this is true.

- Jaideep Nandy (ex-employee and well-wisher)



As many as 3554 donors have contributed to the income of the Trust during the year. A list of donors who have contributed **Rs.2,00,000/-** and above is appended to this report.

- The Navajbai Ratan Tata Trust continues to extend support by funding towards patient care
- The HANS Foundation continues to extend support towards administration and patient care
- Glaxo and Smith Kline continue to extend support by funding towards Karunshraya's medical expenses

3554
*donors have contributed to the
income of the Trust during
the year*

Donations of Rs.2,00,000/- and above in 2014 - 2015

Number	Doner Name	Amount
01	M/S. NAVAJBAI RATAN TATA TRUST	79,97,000
02	M/S. THE HANS FOUNDATION	50,07,520
03	M/S. INFOSYS FOUNDATION	25,00,000
04	MR. B.G. SRINIVAS	15,00,000
05	M/S. INFINERA INDIA PVT. LTD.	12,00,000
06	M/S. SMALL INDUSTRIES DEVELOPMENT BANK OF INDIA	10,80,000
07	M/S. GLAXOSMITHKLINE PHARMACEUTICALS LTD.	10,00,000
08	MRS. SHANTI SUBRAMANI	9,97,500
09	MR. RAMAKRISHNAMATH	6,25,000
10	M/S. FIDELITY BUSINESS SERVICES INDIA PVT. LTD.	4,86,000
11	M/S. GLOBAL GIVING	4,82,001
12	M/S. ARM EMBEDDED TECHNOLOGIES PVT. LTD.	4,65,000
13	M/S. UNITED WAY OF BENGALURU	4,42,022
14	M/S. TESCO HINDUSTAN SERVICE CENTRE PVT. LTD	4,35,000
15	M/S. SLING MEDIA PVT. LTD.	4,00,000
16	M/S. GE AVIATION	3,72,509
17	M/S. BANGALORE CARES TRUST	3,65,675
18	M/S. ADARSH DEVELOPERS	3,00,000
19	MS. USHA RAMA RAO & MR. P.N. RAMA RAO	3,00,000
20	M/S. BARTON FOUNDATION	2,50,000
21	DR. K. NARASAPPA	2,00,000
22	MR. GOPINATH VISWANATHAN	2,00,000
23	SMT. RAJESWARI BAI. V	2,00,000
24	MRS. AMITA R. SHENOY	2,00,000
25	M/S. R. JHUNJHUNWALA FOUNDATION	2,00,000
26	DR. ILLANA CARIAPA	2,00,000
27	MR. Y.N. HIRIYANNAIAH	2,00,000
28	MR. GARADY RAJASHEKAR MURTHY	2,00,000
29	SRI SUBRAMANYASWAMY TEMPLE TRUST	2,00,000
30	MS. USHA RAMARAO	2,00,000
31	M/S. VEER-O-METALS PVT. LTD	2,00,000



Slab of gross salary (in Rs) plus benefits paid to staff (per month)	Male staff	Female staff	Total staff
Less than 5000	0	0	0
5,000 – 10,000	5	63	68
10,000 – 25,000	7	21	28
25,000 – 50,000	3	5	8
50,000 – 1,00,000	1	0	1
Greater than 1,00,000	1	0	1
Total	17	89	106

- Highest paid staff salary during the year **Rs.15,00,000-**
- Lowest paid staff salary during the year **Rs.78,000/-**

The Board of Trustees offers their services on honorary basis. Total amount paid to the Trustees for the year ending 31st March, 2015 stands at Rs.0/-(rupees zero)



Audited Accounts

BANGALORE HOSPICE TRUST

Balance Sheet as at 31st March

Particulars		Note No.	2015	2014
(All amounts in INR)				
Sources of Funds				
Capital Funds	1	27,71,36,423	23,54,03,698	
Current Liabilities	2	15,13,910	17,54,171	
		27,86,50,333	23,71,57,869	
Application of Funds				
Non Current Assets				
Fixed Assets	3	1,25,96,227	1,34,47,686	
Capital Work-In-Progress		72,35,339	-	
Non-Current Investments	4	6,21,00,000	3,75,00,000	
Long-term Loans & Advances	5	10,01,437	4,89,972	
Current Assets				
Current Investment	6	85,00,000	70,00,000	
Cash & Cash Equivalents	7	17,71,60,101	17,29,75,185	
Short term Loan & Advances	8	56,63,267	47,06,238	
Other Current Assets	9	43,93,962	10,38,788	
Total		27,86,50,333	23,71,57,869	

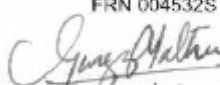
Significant Accounting Policies and Notes to Accounts - Note 15

As per our report of even date attached

For VARMA & VARMA
Chartered Accountants
FRN 004532S


GURMEET SINGH RANDHAWA
Managing Trustee


DR. S. N. SIMHA
Trustee


GEORGY MATHEW
Partner
M. No. 209645

Place: Bangalore
Date: 26/09/2015

Place: Bangalore
Date: 26/09/2015



BANGALORE HOSPICE TRUST

Income and Expenditure Account for the year ended 31st March

(All amounts in INR)				
Particulars	Note No.	2015	2014	
Income				
Donations Received	10	4,39,10,445	2,98,68,443	
Interest Received	11	2,02,66,385	1,43,28,778	
Other Receipts	12	18,72,307	12,41,100	
Total Income		6,60,49,137	4,54,38,321	
Expenditure				
Employee Benefits Expenses	13	1,24,57,958	1,16,62,828	
Other Expenses	14	1,69,48,248	1,06,70,616	
Depreciation Expense	3	15,99,376	18,64,818	
Total Expenditure		3,10,05,582	2,41,98,262	
Balance of Income over Expenditure / (Expenditure over Income) for the year transferred to general fund		3,50,43,555	2,12,40,059	

Significant accounting policies and Notes to Accounts - Note 15

As per our report of even date attached

For VARMA & VARMA
Chartered Accountants
FRN 004532S

GEORGY MATHEW
Partner
M. No. 209645

GURMEET SINGH RANDHAWA
Managing Trustee

DR. S. N. SIMHA
Trustee

Place: Bangalore
Date: 26/09/2015

Place: Bangalore
Date: 26/09/2015



BANGALORE HOSPICE TRUST

Receipts and Payments Account for the year ended 31st March

(All amounts in INR)					
	Receipts	2015	2014	Payments	
Opening Balance					
Cash in Hand	A	50,752	33,968		
Balances with Banks					
In Savings Bank Accounts					
SBI - 10002441224		1,28,69,743	43,25,191		
SBI - 10002441213			9,741		
SBI - 104473544583		23,46,199	59,11,200		
ICICI - 4122		2,14,973	10,50,989		
AXIS Bank - 6811		68,781	2,78,811		
AXIS Bank - 4671		2,73,261	2,62,598		
GSK Fund SBI 32346710045		1,43,217			
NRTT Fund BOI 843410110009358		6,75,566	1,02,474		
NRTT Fund Old BOI 843420110000241			42,00,000		
HDFC SB Imperia Account		70,04,706	7,589		
Indusind Bank 100026150834		2,67,856			
In Deposits Accounts					
HDFC - Fixed Term Deposit		12,22,00,000	13,97,00,000		
ICICI Bank - Fixed Term Deposit		12,832	11,893		
State Bank of India - Fixed Term Deposit		1,67,47,294	97,47,294		
Indusind Bank - Fixed Deposit		11,00,000			
Punjab & Sind Bk Fixed Deposit		75,00,000			
SBI Travancore Fixed Deposit		15,00,000			
	B	17,29,24,428	16,56,07,779		
Receipts during the year					
Donation 35 AC		-	1,71,46,543		
Donation 80 G		3,74,88,025	2,00,72,727		
Donation FCRA		64,22,420	97,95,716		
Interest Received On F.D.		1,96,63,458	1,34,35,395		
Interest Recd On Savings Bank Accounts		6,02,927	8,93,383		
Health Care Assistant		3,94,000	4,71,000		
Cardiff University Education Program		5,11,909	-		
Charity Shop Sales		5,80,610	3,48,477		
Miscellaneous Receipts		3,85,788	4,21,623		
Corpus Fund 80G		66,89,170			
	C	7,27,38,307	6,25,84,864		
				Salaries	1,10,35,822
				Wages	8,170
				Employers Contribution to Provident Fund	8,06,525
				Employers Contribution to ESI	3,48,081
				Gratuity / Ex-Gratia Payment	3,19,967
				Leave Encashment	(80,607)
				Diet & Staff Welfare Expenses (Net)	11,62,589
				Medical & Surgical Expenses	34,89,352
				Fund Raising Expenses	12,49,465
				Professional Fees	29,69,549
				Retainer Fees	17,16,258
				Stipend	7,69,041
				Electricity & Water Charges	12,83,584
				Rates & Taxes	1,17,061
				Repairs And Maintenance	13,42,994
				Security Charges	6,52,976
				Vehicle Maintenance	2,62,040
				Telephone and Pager Charges	2,78,385
				Printing and Stationery	2,70,682
				Cardiff University Education Program	1,225
				Advertisement & Publicity	54,370
				Insurance Charges	51,831
				Travelling and Conveyance	3,87,771
				Pooja Expenses	47,476
				Conference, Seminar Meeting	8,86,569
				Training Expenses	30,977
				Books And Periodicals	17,129
				Bank Charges	77,964
				Project Expenses	-
				Lease Rent	1,000
				Miscellaneous Expenses	27,860
					999
					53,717
				E	2,94,06,205
					2,22,87,504

For Bangalore Hospice Trust

Gurmeet Singh Randhawa
Managing Trustee

Dr. S. N. Simha
Trustee



Receipts and Payments Account for the year ended 31st March

		Receipts		Payments		(All amounts in INR)	
		2015	2014	2015	2014		
Sale of Fixed assets	D		2,20,000				
	Additions To Fixed Assets						
	Building						4,84,842
	BW/SSB Meter Charges						50,400
	UPS and Batteries			4,800			16,952
	Telephone Equipments						3,760
	Medical Surgical Equipments			1,76,400			45,006
	Kitchen Equipments						34,478
	Solar Lighting Systems						2,34,300
	EDC Machine						3,483
	Neuro Equipments						2,00,901
	Computer & Printer			1,31,608			1,23,187
	Real Time Biometric						14,886
	Furniture And Fixtures			31,774			7,84,366
	Electrical Fittings			3,92,975			
	Coffee Vending Machine						40,490
Nano Cars						5,61,988	
Motor Pump				10,360			
New Construction-Capital W/P				72,85,339			
CCTV							

	F	79,83,256	25,99,046
Decrease In Current Liabilities	G	2,40,260	(14,85,299)
Increase In other Current Assets	H	33,55,173	13,03,243
Increase In Current Investments	I	15,00,000	3,70,00,000
Increase in Non Current investment	J	2,46,00,000	(52,00,000)
Increase in short term loan & advance	K	9,57,028	
Increase in long term loan & advance	L	5,11,494	(23,06,711)

For Bangalore Hospice Trust

[Signature]
Managing Trustee

Trustee



BANGALORE HOSPICE TRUST

Receipts and Payments Account for the year ended 31st March

	Receipts	2015	2016	Payments	2017	(All amounts in APL)
Closing Balance				L		56,752
Cash In Hand				Balances with Banks		
- In Savings Bank Accounts						
FCRA Fund SBI 10447354583					17,99,977	23,46,159
GSK Fund SBI 32346710045					5,95,550	1,53,217
NRTT Fund BCI 8434-01100035B					8,10,241	6,76,569
Axis Bank 4671					2,84,357	2,73,261
Axis Bank 6811					63,219	66,781
Axis Bank SB 779					2,49,411 ^d	70,04,706
HDFC SB Imperia Account:						2,14,873
ICICI Bank 4122					3,70,704	2,87,896
Indusind Bank 100026150834					2,90,321	1,28,68,743
State Bank of India 1002641224					1,75,89,152	
Hdfc Ac No 50100063531501 New					40,76,169	
- In Deposit Accounts						
Fixed Deposits - SBI					1,31,53,522	1,27,47,284
HDFC Fixed Deposit					12,31,00,000	12,56,000
ICICI FD D16814650951					13,887	12,832
Indusind Bank Fixed Deposit						11,00,000
Punjab & Sind Bk Fixed Deposit					82,87,519	75,00,000
SBI Indira Nagar Deposit					30,00,000	20,00,000
SBI Jayanagar Fixed Deposit					27,68,364	20,00,000
SBI Travancore Fixed Deposit						15,00,000
HDFC Deposit Indira Shivashankar M					\$ 00,000	6,00,000
E-F-G+H+J-K-L-M					17,69,91,393	17,29,24,432
A+B+C+D	24,57,13,487	22,84,46,611			24,57,13,487	22,84,46,611

As per our report of even date attached
Chartered Accountants


DR. S. N. SIMHA
Trustee


SURMEET SINGH RANDHAWA
Managing Trustee

Place: Bangalore
Date: 26/09/2015

Chartered Accountant
FRN 004532S
Georgy Mathew
GEORGY MATHEW
Partner
M. No. 209645
Place: Bangalore
Date: 26/09/201

BANGALORE HOSPICE TRUST

Notes forming part of the financial statements for the year ended 31st March 2015

Notes – 15

Significant accounting policies and Notes to Accounts

Significant accounting policies

- Basis of preparation of financial statements**
Financial statements have been prepared under the historical cost convention on mercantile basis in accordance with the applicable accounting standards and other generally accepted accounting practices as adopted and consistently followed by the Trust.
- Investments**
Investments are carried at lower of cost of acquisition and face value. Provision is made if in the opinion of the management, there is permanent decline in value of these investments.
- Fixed Assets**
Fixed assets are valued at cost of acquisition less accumulated depreciation.
- Depreciation**
Depreciation on fixed assets is charged at written down value (WDV) at the rates prescribed in the Income Tax rules, 1962.


Notes to Accounts


- The Bangalore Hospice Trust was set up in October 1994 by the Indian Cancer Society (ICS), Karnataka Branch and the Rotary Bangalore Indira Nagar (RBI). The Trust is approved under sections 35 AC and section 80G of the Income Tax Act, 1961 and has a valid registration under the Foreign (Contribution) Regulation Act, 1976 (FCRA).
The trust provides:
- Hospice Care, also called Palliative Care at its fifty six bed facility "Karunashraya"
- Home Care and
- Palliative Care Education
The main source of funds is the collection of donations for the object of the trust.
- The value of Land on lease from Government of Karnataka is not included in the Fixed Assets. The annual lease rent is charged in the accounts each year against advance lease rent paid.
- Donation domestic includes anonymous donations collected through boxes amounting to Rs. 2,52,048/- which is well within the 5% limit prescribed for taxing these donation u/s 115 BBC of the Income Tax Act.
- Donation in kind such as provisions and durables estimated to at Rs.31,58,320/- (PY Rs. 15,96,959/-) have not been reckoned in the accounts.
- Previous Year figures have been regrouped and rearranged wherever necessary so as to make them comparable with those of the current Year.

(Signatures to Note 1 to 15)

As per our report of even date attached


GURMEET SINGH RANDHAWA
Managing Trustee


DR. S. N. SIMHA
Trustee

For **VARMA & VARMA**
Chartered Accountants
FRN 004532S

GEORGY MATHEW
Partner
M. No. 209645

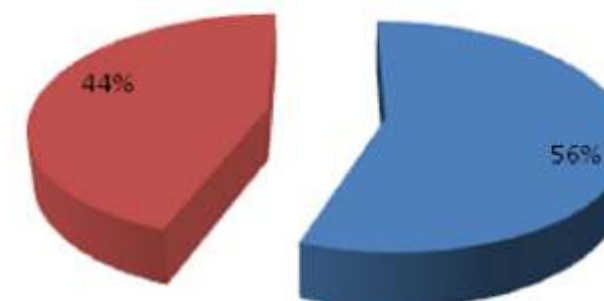
Place: Bangalore
Date: 26/09/2015



Place: Bangalore
Date: 26/09/2015

In-Patients

Total In-patients

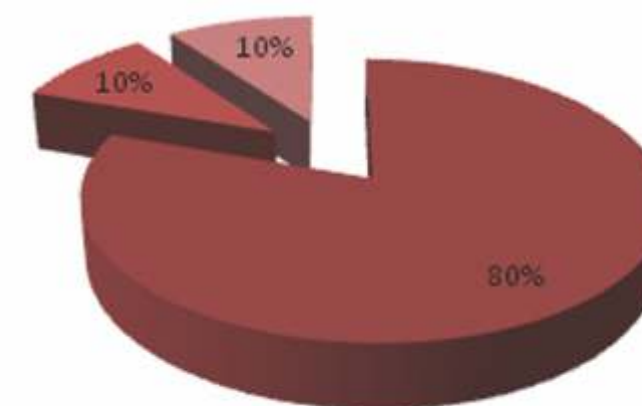


■ Female 815
■ Male 652



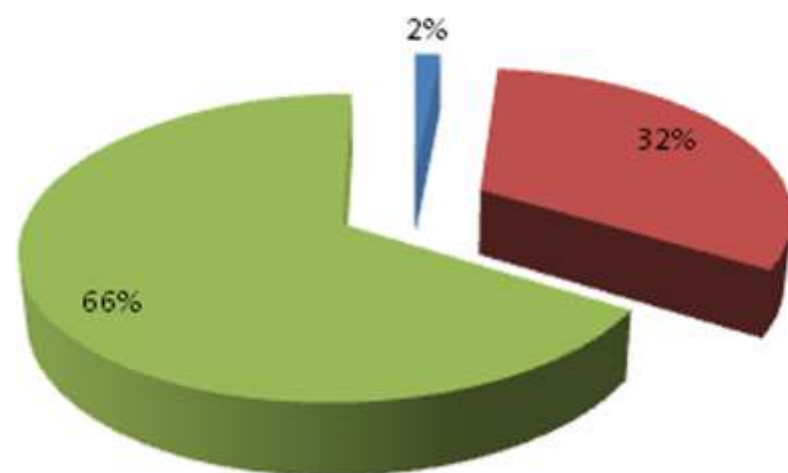
Religion

■ 1177 ■ 141 ■ 146



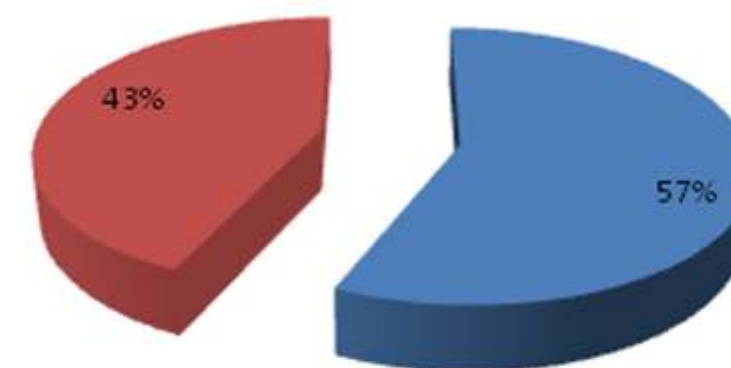
Economic Profile

■ Rich 23 ■ Middle Class 473 ■ Poor 971

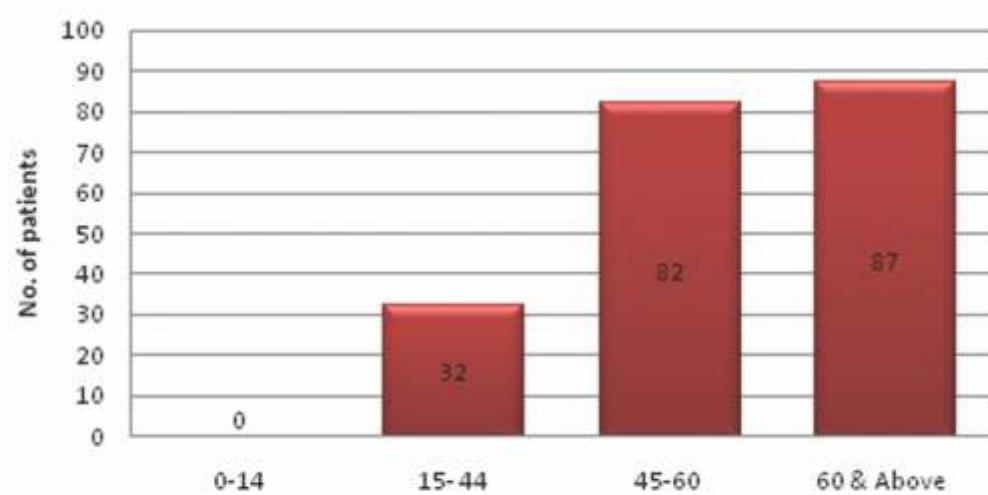


Total Home Care Patients

■ Female 114 ■ Male 87

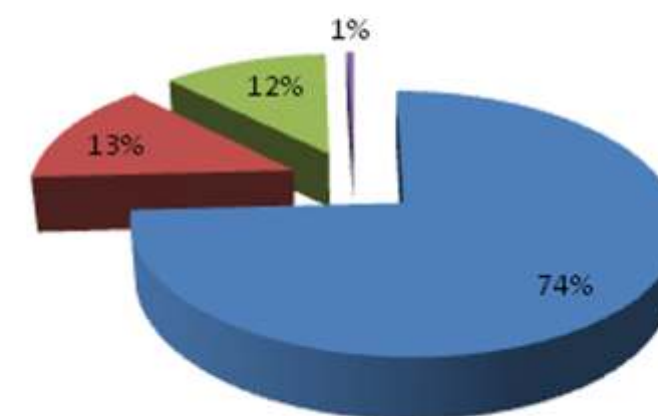


Age Group



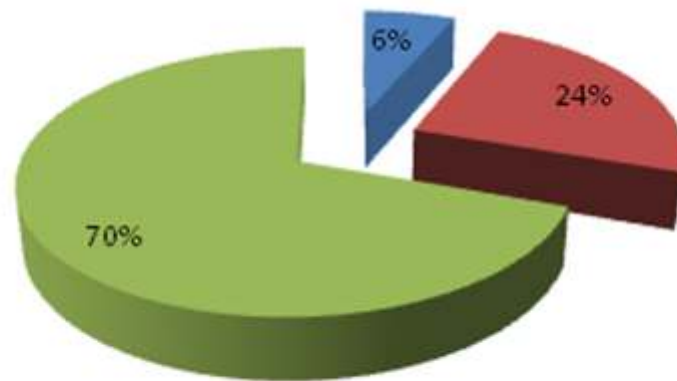
Religion

■ Hindus 149 ■ Muslims 27 ■ Christians 24 ■ others 1

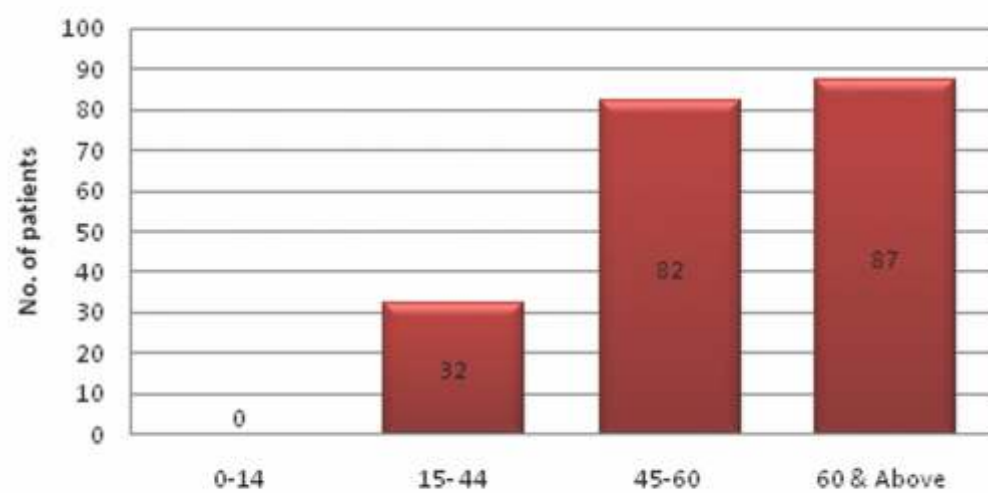


Economic Profile

Rich 13 Middle Class 48 Poor 140



Age Group



Moments - Photo Gallery





Acknowledgements

We would like to thank all our patrons, well-wishers, volunteers and everyone who has been associated with us, for their continued support. We would also like to thank Mr. Jaideep Nandy and Mr. Rajesh Joseph (Mediajenie) for helping us in content writing and designing.



ANNUAL REVIEW 2014-2015

karunashraya.org

FREE PROFESSIONAL PALLIATIVE CARE FOR ADVANCED STAGE CANCER PATIENTS

contact us: + 91-80-4268 5666 | + 91-80-2847 6133 | + 91-80-2847 6509