ANNUAL REVIEW
2014-2015
FREE PROFESSIONAL PALLIATIVE CARE
FOR ADVANCED STAGE CANCER PATIENTS

ABODE OF COMPASSION

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An Abode of Compassion
THE BANGALORE HOSPICE TRUST

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

“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

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 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 2016. 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),

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.

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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 teams have 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 painfully. The average number of patients under its care at any point of time is around 50.

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 younger, 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.

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

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.

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

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Satellite Hospices

Its role as a knowledge incubator

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’s plan to train staff and guide other charitable bodies wishing to render Palliative Care. Subsequently, MOUs were signed with organizations in Shimoga, Chennai, Pultur, Nagpur, Kallapur, 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.

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.
10K Marathon

Team Karunashraya participated in the annual TCS World 10K marathon with 23 members participating in the Majnu 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 counselling techniques for advanced stage cancer patients. BHT hosted a few distinguished and eminent personalities from the field of internal medicine and Palliative Care – Dr. Cristina Pachalski, Dr. Amy Wash holz, 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. Gurmee Randhawa, Managing Trustee and Dr. Nagesh Sinha, 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, SHT 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.

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

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.

- Krupaani 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.
- Drishtiya Learning Center.
- Narayana Tech and Vemana Institute of Technology.
- EMSArchitectural College.
- WETech – Women Enhancing Technology.
- National Public School.
- Indiranagar and Little Angels.
- Idea College of Architecture, Nasik.

Vocational Training Team program at UK

Rotary International along with District 3190 in India and District 1180 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 Lympho-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.

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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.

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 – Delloitte, Hewlett Packard, Koorthi Flora Apartment Complex, Capp Gemini 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
- Delloitte
- 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
- Infineria 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.

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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.

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 nudged 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 if, she had that much needed peace during the last days of her life. We pray her soul rests in peace.

Karunashraya 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 “Aji”.

Thank you!
ShubhaRao
family member of one of Karunashraya’s (late) patients

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 indeed 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 he/she 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 “successful”. 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)

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

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

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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 Navbai 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 Karunashraya’s medical expenses

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3554 donors have contributed to the income of the Trust during the year
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)
**BANGALORE HOSPICE TRUST**

**Income and Expenditure Account for the year ended 31st March**

<table>
<thead>
<tr>
<th>Particular</th>
<th>Note No.</th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Donations Received</td>
<td>10</td>
<td>4,38,10,445</td>
<td>2,91,98,443</td>
</tr>
<tr>
<td>Financial Receipts</td>
<td>11</td>
<td>2,20,06,366</td>
<td>1,4,35,779</td>
</tr>
<tr>
<td>Other Receipts</td>
<td>12</td>
<td>18,77,367</td>
<td>12,41,109</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td></td>
<td><strong>6,88,49,172</strong></td>
<td><strong>4,64,38,321</strong></td>
</tr>
<tr>
<td>Expenditure</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employee Benefits/Grants</td>
<td>13</td>
<td>1,24,57,939</td>
<td>1,18,62,828</td>
</tr>
<tr>
<td>Other Expenses</td>
<td>14</td>
<td>1,68,69,308</td>
<td>1,69,70,016</td>
</tr>
<tr>
<td>Depreciation Expense</td>
<td>3</td>
<td>15,03,376</td>
<td>18,44,919</td>
</tr>
<tr>
<td><strong>Total Expenditure</strong></td>
<td></td>
<td><strong>3,08,05,615</strong></td>
<td><strong>2,41,85,262</strong></td>
</tr>
<tr>
<td>Balance of Income over Expenditure (for the year transferred to general fund)</td>
<td></td>
<td>3,58,43,555</td>
<td>2,12,40,059</td>
</tr>
</tbody>
</table>

**Significant accounting policies and Notes to Accounts - Note 15**

As per our report of even date attached

For VARMA & VARMA
Chartered Accountants
FRN 0449325

GURMEET SINGH RANDHAVA DR. S. N. SIMHA
Managing Trustee Partner
M. No. 2756456

Place, Bangalore: Date: 26/06/2016

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**BANGALORE HOSPICE TRUST**

**Receipts and Payments Account for the year ended 31st March**

<table>
<thead>
<tr>
<th>Source of Revenue</th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Income</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Balance</td>
<td>99,782</td>
<td>35,300</td>
</tr>
<tr>
<td>Receipts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employees Service</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SBI - 130228239215</td>
<td>3,63,136</td>
<td>3,63,136</td>
</tr>
<tr>
<td>SBIN - 04432003033</td>
<td>2,14,050</td>
<td>1,25,860</td>
</tr>
<tr>
<td>ICICI - 4120</td>
<td>1,65,704</td>
<td>1,65,704</td>
</tr>
<tr>
<td>AHPS Bank - 9001</td>
<td>2,09,900</td>
<td>2,09,900</td>
</tr>
<tr>
<td><strong>Total Receipts</strong></td>
<td><strong>1,96,78,031</strong></td>
<td><strong>1,96,78,031</strong></td>
</tr>
</tbody>
</table>

**Expenditure**

<table>
<thead>
<tr>
<th>Category</th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Expenses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Staff &amp; Service</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SBI - 130228239215</td>
<td>3,63,136</td>
<td>3,63,136</td>
</tr>
<tr>
<td>SBIN - 04432003033</td>
<td>2,14,050</td>
<td>1,25,860</td>
</tr>
<tr>
<td>ICICI - 4120</td>
<td>1,65,704</td>
<td>1,65,704</td>
</tr>
<tr>
<td>AHPS Bank - 9001</td>
<td>2,09,900</td>
<td>2,09,900</td>
</tr>
<tr>
<td><strong>Total Expenditure</strong></td>
<td><strong>1,96,78,031</strong></td>
<td><strong>1,96,78,031</strong></td>
</tr>
</tbody>
</table>

**Balance of Income over Expenditure (for the year transferred to general fund)**

<table>
<thead>
<tr>
<th>2016</th>
<th>2,12,40,059</th>
</tr>
</thead>
</table>

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For more information, please contact:

info@karunashraya.org | www.karunashraya.org
### BANGALORE HOSPICE TRUST

Receipts and Payments Account for the year ended 31st March

<table>
<thead>
<tr>
<th>Side of Fixed Assets</th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>D</td>
<td>3,20,000</td>
<td></td>
</tr>
<tr>
<td>Additions to Fixed Assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Building</td>
<td></td>
<td>50,000</td>
</tr>
<tr>
<td>Laptops &amp; Accessories</td>
<td>4,000</td>
<td>1,450</td>
</tr>
<tr>
<td>Telephones</td>
<td>3,200</td>
<td></td>
</tr>
<tr>
<td>Medical Equipment</td>
<td>7,76,800</td>
<td>45,000</td>
</tr>
<tr>
<td>Show Lighting Systems</td>
<td>2,30,000</td>
<td></td>
</tr>
<tr>
<td>ESIC Machine</td>
<td>3,000</td>
<td></td>
</tr>
<tr>
<td>North Flow Meter</td>
<td>3,000</td>
<td></td>
</tr>
<tr>
<td>Computer &amp; Printers</td>
<td>1,51,500</td>
<td>1,23,500</td>
</tr>
<tr>
<td>Furniture and Fixtures</td>
<td>14,800</td>
<td></td>
</tr>
<tr>
<td>Electrical Fixtures</td>
<td>31,774</td>
<td>7,300</td>
</tr>
<tr>
<td>Coffee Making Machine</td>
<td>62,975</td>
<td>40,400</td>
</tr>
<tr>
<td>New Car</td>
<td>6,81,568</td>
<td></td>
</tr>
<tr>
<td>Motor Pump</td>
<td>19,500</td>
<td></td>
</tr>
<tr>
<td>New Construction Capital N/P</td>
<td>75,31,591</td>
<td>25,99,548</td>
</tr>
<tr>
<td>G</td>
<td>75,31,591</td>
<td>25,99,548</td>
</tr>
<tr>
<td>Decrease in Current Liabilities</td>
<td>3,41,290</td>
<td>(1,13,85,298)</td>
</tr>
<tr>
<td>Increase in Current Assets</td>
<td>51,35,123</td>
<td>15,85,349</td>
</tr>
<tr>
<td>Increase in Current Investments</td>
<td>15,62,000</td>
<td>3,70,000</td>
</tr>
<tr>
<td>Increase in Non Current Investments</td>
<td>2,46,62,000</td>
<td>(8,00,000)</td>
</tr>
<tr>
<td>Increase in Short Term Loans &amp; Advances</td>
<td>8,37,528</td>
<td></td>
</tr>
<tr>
<td>Increase in Long Term Loans &amp; Advances</td>
<td>3,11,454</td>
<td>(22,097)</td>
</tr>
</tbody>
</table>

For Bangalore Hospice Trust

[Signature]

Kumar Sanjana
Managing Trustee

R. S. N. Srinivas
Trustee

Bangalore
Date: 30/09/2013

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### BANGALORE HOSPICE TRUST

Receipts and Payments Account for the year ended 31st March

<table>
<thead>
<tr>
<th>Closing Balance</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>L</td>
<td>1,98,778</td>
<td>10,573</td>
</tr>
<tr>
<td>Balance with Banks</td>
<td>17,94,975</td>
<td>31,46,199</td>
</tr>
<tr>
<td>ICICI Term G/4 1250448/1054</td>
<td>11,94,000</td>
<td>1,45,000</td>
</tr>
<tr>
<td>ICICI Term G/4 1250448/1054</td>
<td>8,10,661</td>
<td>5,02,889</td>
</tr>
<tr>
<td>Axis Bank G/4 1071</td>
<td>2,81,807</td>
<td>2,72,011</td>
</tr>
<tr>
<td>Axis Bank G/4 1071</td>
<td>61,750</td>
<td>68,781</td>
</tr>
<tr>
<td>Axis Bank G/4 1071</td>
<td>72,91,211</td>
<td>4</td>
</tr>
<tr>
<td>HDFC Bank (Cheque Payee)</td>
<td>7,10,234</td>
<td>2,14,515</td>
</tr>
<tr>
<td>HDFC Bank (Cheque No. 10022605334)</td>
<td>7,30,301</td>
<td>2,67,666</td>
</tr>
<tr>
<td>CBO Bank of India ( Cheque No. 10022605334)</td>
<td>7,79,411</td>
<td>1,30,944</td>
</tr>
<tr>
<td>BIF in ICICI Bank</td>
<td>49,11,160</td>
<td></td>
</tr>
<tr>
<td>- by Deposit Accounts</td>
<td>1,21,51,903</td>
<td>1,29,47,004</td>
</tr>
<tr>
<td>HFC Fixed Deposit</td>
<td>12,31,15,562</td>
<td>12,59,002</td>
</tr>
<tr>
<td>HFC Fixed Deposit</td>
<td>13,59,827</td>
<td>7,66,562</td>
</tr>
<tr>
<td>Indus Indus Bank fixed Deposit</td>
<td>1,80,000</td>
<td>1,80,000</td>
</tr>
<tr>
<td>HFC Fixed Deposit</td>
<td>52,17,511</td>
<td>27,80,003</td>
</tr>
<tr>
<td>HFC Fixed Deposit</td>
<td>35,03,250</td>
<td>22,80,000</td>
</tr>
<tr>
<td>HFC Fixed Deposit</td>
<td>31,31,384</td>
<td>20,80,000</td>
</tr>
<tr>
<td>HFC Fixed Deposit</td>
<td>8,15,240</td>
<td>8,15,240</td>
</tr>
<tr>
<td>HFC Fixed Deposit</td>
<td>17,06,21,213</td>
<td>17,06,21,213</td>
</tr>
</tbody>
</table>

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As per our records of filed papers attached

Dharam P. Mathew
Partner
M. No. 23890
Place: Bengaluru
Date: 25/09/2015
BANGALORE HOSPICE TRUST

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

Significant accounting policies

a. Basis of preparation of financial statements
   Financial statements have been prepared under the historical cost convention on a mercantile basis in accordance with the applicable accounting standards and other generally accepted accounting practices as adopted and consistently followed by the Trust.

b. 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 a permanent decline in value of these investments.

c. Fixed Assets
   Fixed assets are valued at cost of acquisition less accumulated depreciation.

d. 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

1. The Bangalore Hospice Trust was set up in October 1994 by the Indian Cancer Society (ICS), Karnataka Branch and the Rotary Bangalore Indira Nagar (RB). The Trust is approved under sections 12A 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
   - Palliative Care Education

   The main source of funds is the collection of donations for the object of the trust.

2. 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.

3. Donation (Fruit) includes anonymous donations collected through boxes amounting to Rs. 2,52,045/- which is well within the 5% limit prescribed for taxing these donation u/s 115 BAC of the Income Tax Act.

4. Donation in kind such as provisions and sundries estimated to at Rs.31,58,220/- (FY Rs. 15,98,959/-) have not been reckoned in the accounts.

5. 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)

For VARMA & VARMA
Chartered Accountants
FRN 006320S

Managing Trustee
GURMEET SINGH RANDHAWA

Trustee
DR. N. N. SMHRA

Partner
GEORGE MATHIEN

M. No. 206645

Place: Bangalore
Date: 20/03/2015

Place: Bangalore
Date: 28/09/2015

In-Patients

Total In-patients
- Female 815
- Male 652

Religion

- 1177
- 141
- 146

80%
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.