

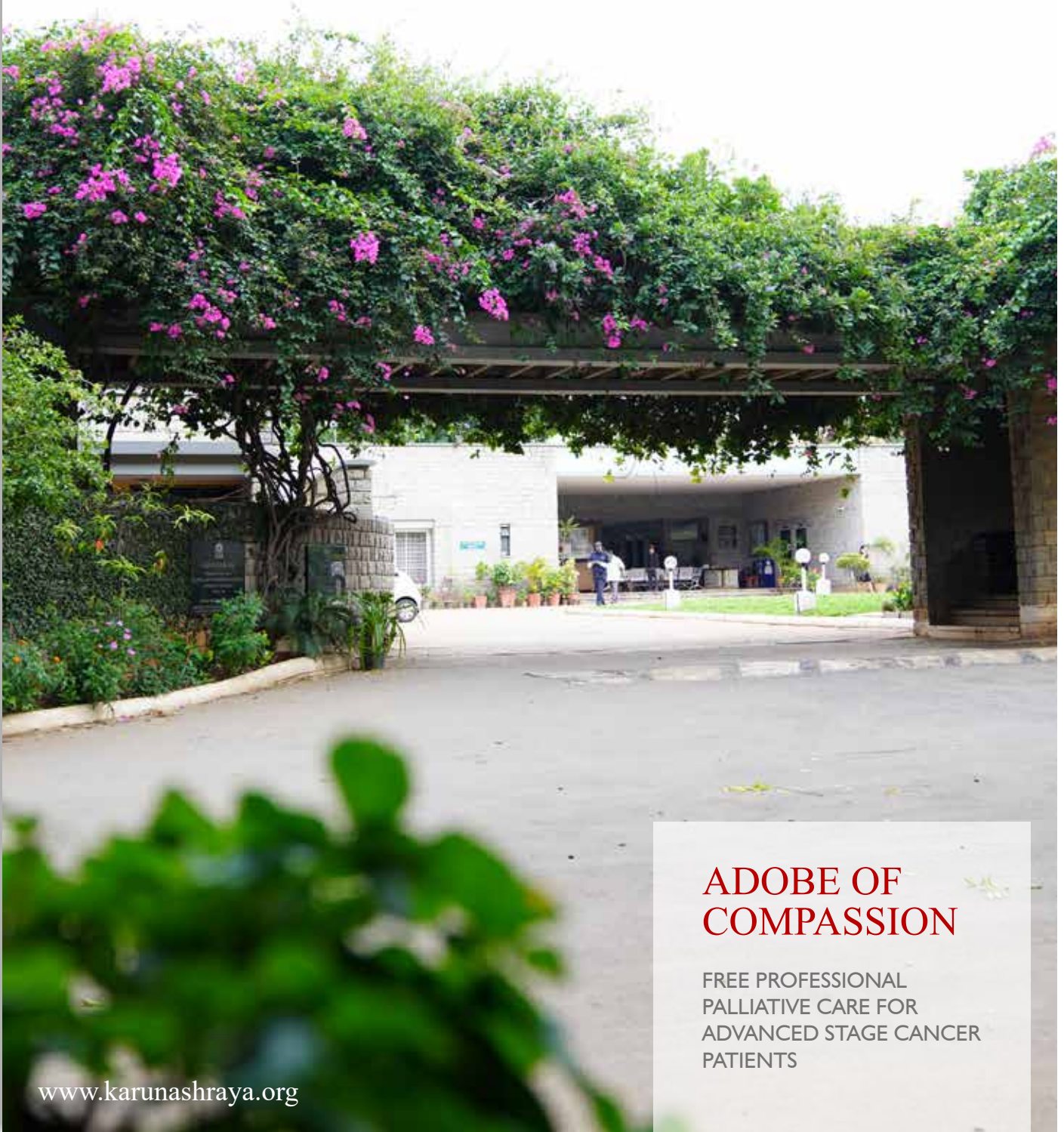


Celebrated  
Years of free  
compassionate Palliative Care



# ANNUAL REPORT

2019-2020



## ADOBE OF COMPASSION

FREE PROFESSIONAL  
PALLIATIVE CARE FOR  
ADVANCED STAGE CANCER  
PATIENTS

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



# ANNUAL REPORT 2019-2020



## GURMEET SINGH RANDHAWA Managing Trustee

The highlight of the year under review was the silver jubilee celebrations of Bangalore Hospice Trust. This gave us an opportunity to review our work so far and rededicate ourselves to the cause of palliative care.

We continued to serve the advanced stage cancer patients through our inpatient and home care services. We also started seeing patients on outpatient basis. We continue our endeavour to keep improving on our services and to reach out to those who need us the most.

We made huge strides in education and research through Karunashraya Institute of Palliative Care Research and Education (KIP CER). Manipal Academy of Higher Education (MAHE) recognised us as a PhD centre and three of our staff enrolled for the PhD programme. Our strong links with NIMHANS and MAHE continue and will result in a number of new initiatives in the near future. We also continued with the training of various doctor groups through our 10 day course and also conducted the advanced therapeutics course under the guidance of our chief mentor Dr. Jeremy Johnson.

Another exciting highlight of the year was the ground breaking ceremony and commencement of construction of our new building which will house the outpatient block, a cafeteria and the education and research block.

My sincere appreciation and gratitude to the entire staff at Karunashraya for their continued and dedicated service. The quality of service they provide is the main reason why many of our past patients families recommend us to our potential patients and their families.

I also would like to place on record my sincere gratitude to my fellow trustees for their continued assistance and guidance.

To all our donors, my sincere thanks for your continued support. I look forward to your continued engagement with us. I would also like to place on record my sincere appreciation to the many volunteers who come and spend time at Karunashraya and assist us.

To the families of our many patients, thank you for sharing the care of your loved ones with us.

Gurmeet S Randhawa  
Managing Trustee.

PS: At the end of the year under review the world was hit by the Corona pandemic. It has had an impact in March on the admissions and home care services that we provide. I will be able to report the full impact of the pandemic in the next year's annual report.





# BANGALORE HOSPICE TRUST

## Board of Trustees



(From right to left) Mr. Peeyush Jain (Trustee), Mr. K. Ajith Kumar Rai (Trustee), Dr. S N Simha (Medical Director), Mr. Mathew George Chandy (CEO), Mr. Gurmeet Singh Randhawa (Managing Trustee), Mrs. Kala Devarajan (Treasurer Trustee), Mr. Kishore S Rao (Chairman), Ms. Kanchan Bannerjee (Trustee), Mr. Manoj Agarwal (Trustee), Mr. Vijay Sharma (Trustee), Mr. P. Sridhar (Trustee).

**21** Years of In-Patient Service

**25** Years of Home Care Service

**23500** lives touched



## OVERVIEW

At Karunashraya, we welcome advanced stage cancer patients with compassion to help them spend their remaining days in the idyllic surroundings of our Hospice. To make their lives pain free, comfortable and peaceful we are involved in a range of palliative care activities that includes Home Care, In-patient care, Out patient Care & Education and Training.

## MISSION

To provide compassionate palliative care for people with a life-limiting illness, and for those important to them, through quality medical, emotional, spiritual and social support.

## OBJECTIVE

- 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, deal with the situation and to provide bereavement and post bereavement support
- To enhance awareness about palliative care

## VISION 2020

We will:

- Provide the highest quality in-patient and home-based palliative care, free of cost, to people with a life-limiting illness
- Continuously improve the quality of palliative care provided through research, training and innovation
- Play a leading role in advocacy of palliative care





## IN-PATIENT CARE

The sprawling, green facility at Karunashraya has been designed to provide a conducive atmosphere and help patients feel better. Patients are admitted with the objective of alleviating pain and other distressing symptoms. Our teams (palliative care professionals) are trained to deal with the psychological and spiritual needs of the patients. The nursing team is specially competent in handling their intensive minute-to-minute physical requirements. With the support of our well-trained and competent team of doctors, nurses, family counselors, physiotherapists, volunteers and administrative staff, patients begin to heal spiritually and come to terms with their illness. The 73-bed In-patient facility has been in operation for over 19 years now, extending care to over 16,800 patients.



## Nursing aides TRAINING PROGRAM

BHT-Karunashraya, besides providing palliative care for advanced-stage cancer patients, is also involved in yeoman service to the community. This service involves training young girls between the ages of 18 to 22, mainly from rural/less privileged backgrounds to become nursing aides, thus creating employment opportunities for them. This six-month training program provides young girls with specialized vocational skills that help patients avail necessary professional help at home and in the hospice. The course is free of charge and includes training – theory and practical – as well as food and lodging. A monthly stipend is also paid to each trainee. Once trained, the nursing aides are employed in the hospice. We have successfully completed training 27 batches till now. This program is designed in a way that it not only helps in fulfilling a niche need in our society but also empowers these young women to have a career.



## HOME CARE

BHT-Karunashraya launched Home Care services in 1995. To increase coverage and respond effectively to the growing demand for our Home Care services, we have two link centres and three Home Care teams who travel throughout the city to provide our services. The Home Care teams comprise multi-disciplinary nurses, a counsellor, a physiotherapist, nursing aides, and a social worker who provide necessary palliative care and non-curative treatment to patients and their families, in and around Bangalore. In the last two decades, through our Home Care services, we have been able to support 4,400 patients. Around 4,300 patients have departed peacefully and with less pain. The average number of patients availing our Home Care services at any point in time is around 100.



## ASSOCIATE HOSPICES

We believe that our vast knowledge and expertise of looking after a large number of advanced cancer patients over the years can help hospices that are engaged in similar work. Towards this goal, BHT-Karunashraya is looking at providing guidance to other charitable bodies and training staff involved in palliative care. We have signed MoUs with hospices in Shimoga, Chennai, Puttur, Nagpur, Kallianpur, Vellore, and Mangalore that are currently functioning independently. Doctors, nurses, and counsellors in these hospices have been trained at Karunashraya. We continue to act as consultants to help them in their day-to-day issues and activities. BHT-Karunashraya will continue its role as a knowledge incubator by helping set up more associate hospices as well as conduct CME for them.





## KARUNASHRAYA's Excellence in Education And Training

In view of the fact that our country has a dearth of trained professionals for delivering palliative care to patients, producing trained human resource has been one of the major mandates of Karunashraya. Major activities in education and training are summarized below.

Karunashraya regularly organizes advanced therapeutic courses in palliative medicine for doctors and nurses. We train doctors of the state government hospitals in palliative care. Karunashraya has signed a MoU with the Government of Karnataka for organizing these training courses.

Karunashraya has also taught palliative care to doctors of many Indian states, including, Odisha, Uttarakhand, Chhatisgarh, Assam, Puducherry, Haryana, Mizoram, Gujarat and Manipur.

Once every three months, palliative care professionals from all over Bangalore meet to discuss recent developments in topics pertinent to their field.

Doctors and nurses undergo clinical training at Karunashraya for the National Fellowship Program conducted by IPM and CMA.

Every year, we admit girls from economically deprived sections of the society into a six-month course of nursing aides, and give stipend to them during the course of the training. Some of these nursing aides are hired by us and the rest are able to secure job elsewhere.

Students from diverse academic and medical institutions also undergo internship and training in Karunashraya.

Karunashraya has successfully partnered with the Department of Palliative Medicine, Cardiff University and Ecancer in developing an e-learning course for palliative care. The course has 20 one-hour modules and is available for free download.

Karunashraya also has MoU with National Institute of Mental Health and Neurosciences and Manipal Academy of Higher Education for collaboration in education.



## Research Efforts & Output

In order to enhance the quality of palliative care in our country it is necessary to do research and evolve new and better strategies. Karunashraya remains deeply committed to research and has significantly contributed to research in diverse areas of palliative care. Karunashraya has an "Ethics committee" to review and decide ethical aspects of research. It has contributed 17 research publications in journals of international repute during the last three years. Karunashraya also actively supports palliative research of individuals belonging to other organizations. We have in fact signed MoU with NIMHANS and MAHE for furthering our research activities. These collaborations, including MoUs, are expected to substantially enhance research output of Karunashraya in a near future.



## KIPCER

Karunashraya Institute for Palliative Care Education and Research (KIPCER) - The setting up of the Education and Research Department at Karunashraya has allowed the institution to train medical as well as non-medical professionals into offering better palliative care services. With the existence of the department for 4 complete years, the institution has now realized the importance and the need of expanding and reaching out to many more professionals by training them and enabling them to assist in research work in the field, and thus has established KIPCER which will function as an academic and research institute. This institute will cater to educating professionals other than the existing staff at Karunashraya. Furthermore, affiliated with Kasturba Medical College (MAHE), the institute has gained the status of becoming a PhD centre.



## Ethics Committee

We have formed an ethics committee (largely with eminent clinicians and knowledgeable people from outside our organization) which will scrutinize any research proposals and support ongoing projects. This committee is also available to other researchers / fledgling hospices (free of cost), who might not have access to such facility.



# Training on Fundamentals of Palliative Care

Fifteen volunteers of the Indian Cancer Society were trained on Counselling for Palliative Care from April 4-5, 2019 where Dr. Nagesh Simha(our Medical Director), took them through the finer points involved in being effective counsellors.

Eight nurses from the Christian Medical College, Vellore, were also trained at our hospice in Palliative Medicine from June 10- 22, 2019. This was organised as part of their Diploma course in Palliative Care from their parent organisation.



## Understanding Spiritual Needs

On May 3, 2019 Dr. Nagesh Simha spoke on 'Rituals and Spirituality' at the 'Re-exploring Spirituality in Palliative Care' workshop at Tata Memorial Hospital Mumbai. This was an event that was attended by many prominent people in the field of palliative care.

## End of Life Care awareness

Dr. Simha also delivered a lecture on 'End of Life and Palliative Care' in Mumbai at an event organised by the Indian Medical Association.



## Karunashraya & MAHE

Karunashraya and Manipal Academy of Higher Education launched a joint initiative for the training of medical college teachers in Attitudes, Ethics and Communication (AERCOM) on 10th September 2019 in a revamped curriculum that was developed by MCI for MBBS doctors as it was felt that this was the need of the hour in the 21st century.



## Seminars & Workshops

On 13th July, 2019 Dr. S N Simha, who is passionate about sharing his experiences on palliative care, delivered a talk on 'End of Life Care' at Mumbai West CGP, Sub Faculty of Indian Medical Association, Mumbai, aimed at improving care for people who are in their last days of life. This was highly appreciated.

During 15-16 July, 2019, he travelled to Madhya Pradesh, to address a team of doctors from the state, about 'Palliative Care'. He also conducted a two-day training session on 18-19 July, 2019, for the nurses and doctors of the Cancer Foundation in Assam.

To develop effective doctor-patient communication, Dr. Simha addressed the stationed medical officers of Command Hospital, Bengaluru on Communication skills. He was also the key resource person in the workshop on 'Communication skills' organized at Batra Hospital and Medical Research Centre, New Delhi.





## Cardiology Palliative Care Master Class

'Cardiology Palliative Care Master Class' was a conference conducted in collaboration with Karunashraya, Bangalore; Kasturba Medical College, Manipal; and Manipal Hospital, Bangalore. The event was conducted on 16th and 17th of November. Various National and International Speakers addressed 50 participants who were doctors, nurses and cardiology technicians. The event was conducted at Manipal Hospital, Bangalore with the main objective of creating awareness towards palliative care amongst cardiologists and, in turn, achieving the objective of providing palliative care to cardiac patients. The event was chaired by Dr. Ranjan Shetty (Dept of cardiology, Manipal Hospital) and co-chaired by Dr. Nagesh Simha (Medical Director, Karunashraya). The Course directors were Dr. Jeremy Johnson (Chief Mentor, Karunashraya) and Dr. Miriam Johnson (Professor of Palliative Medicine, UK).

## Death & Dying in India Negotiating the maze

A colloquium conducted by the combined efforts of Karunashraya Institute for Palliative Care Education and Research (KIPCER) and End of Life Care in India Task force (ELICIT), aimed at covering aspects related to End of Life care was held on 9th and 10th November 2019. The event focused on 4 major issues such as Physical, Psychological, Social and Spiritual Issues pertaining to dying patients. This event was streamed live on YouTube for the first time. The success of the event was marked by 99 Participants and over 200 online viewers who were addressed by 14 National Level Speakers. This event was hosted at Karunashraya for doctors, nurses, counsellors, social workers and students.



## 3rd Annual Advanced Therapeutics Course for Palliative Medicine

This course was conducted by Dr. Jeremy Johnson (Chief Mentor, Karunashraya) for Doctors and Nurses. The main focus of the course was to upgrade their medical knowledge and explore scientific techniques in Palliative Medicine. The course was held on 23rd and 24th of November at Karunashraya and had 12 National and International Speakers covering various topics on Palliative Medicine.



## Nursing Aides Graduation Ceremony

After successful completion of the 28th six-month nursing aide course, 8 students were awarded certificates by the trustees of BHT in a graduation ceremony held on 17th January. The next batch will start from the beginning of June 2020, and we have already initiated the admission process. We propose to increase intake of candidates henceforth and open the course to male candidates.

## Educational Orientation Visits

During the year, Karunashraya hosted visits from various institutions that focused on understanding Palliative Care. The institutions included Montfort College Bangalore, Banjara Academy and T-John College of Nursing as part of their curriculum.

We helped in training batches of Government of Karnataka nurses by providing them a 10-day program on "Fundamentals of Palliative Care". We had 3 doctors undergoing their fellowship training come to Karunashraya for their clinical internship for 10 days.

We had also hosted a Pre-Medical Student from the United States of America for an observational visit of 20 days.



## Ten-day Training Program for Professionals

During March 2020, a ten-day training program on "Fundamentals of Palliative Care" was organized at Karunashraya. Two doctors from Bangladesh and twenty-one nurses from various districts of Karnataka benefitted from the program. They would eventually use the generated expertise in imparting palliative care to patients within their own organizations. Additionally, one doctor from Kolkata underwent hands-on training in Palliative care to gain knowledge and improve facilities in his parent organization.





## Participation in Workshop

In January 2020, Ms. Sangeetha (Nursing Tutor) and Sr. Seena Xavier (Nursing Superintendent) participated in the Paediatric Palliative Care at ELNEC (End-of-Life-Nursing Education Consortium) held at Wadia Hospital, Mumbai.

## Participation in IAPCON 2020

A team of the selected members of Karunashraya participated in the 27th International conference of palliative care organized by the Indian Association of Palliative Care in Guwahati from February 14-16, 2020. Team Karunashraya was headed by Dr. Simha. The team made two oral presentations and five poster presentations. Dr. Simha and Ms. Sangeetha, Nursing Tutor, gave the plenary talks. Ms. Sangeetha also served as faculty in the pre-conference workshop.

## National Fellowship in Palliative Medicine and Nursing

Three doctors and one nurse spent their 10 days clinical postings in Karunashraya to fulfil their fellowship requirement. The posting helped them gain enormous knowledge in a hospice set-up and in-patient palliative care services.

## Continuous Medical Education (CME)

CME programs are being regularly organized in Karunashraya to update the clinical skills of our staff. In the last quarter, we taught two different topics, namely, basic communication skills and handling difficult questions on a daily basis, and COVID-19 - Novel Coronavirus, to create awareness among everyone.

## Case presentations

In order to improve the overall quality of palliative care in Karunashraya, we have started patients' case presentation twice a month. In this context, case presentations were done by Dr. Babita and Dr. Kavitha along with their teams. This helped us to look at different ways of intervention and it has been a learning experience for the rest of the team members.





## Internal Complaints Committee (ICC) training programme

The Bangalore Hospice Trust has in place an Internal Complaints Committee (ICC) in terms of The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013. The trust is committed to provide secure work environment for the staff. It is further committed to have a Zero Tolerance policy for any form of Sexual Harassment at the workplace. The training for the members of the Internal Complaints Committee (ICC) was conducted by our External Member Dr. Shobhana R Thakrar, MSW; M.Phil ( NIMHANS ); Ph.D (Social Work ) on 19th June 2019.



## MEMORIAL DAY celebrations

It was on the first of May in 1999 that the first patient was admitted into Karunashraya. We have been celebrating this day every year by honoring our patients and remembering nostalgically the fruitful, though arduous, journey of Karunashraya over the period of time.

On this occasion, patients, relatives of former patients, staff members, volunteers, donors, friends and trustees shared their stories while fondly remembering the past patients. Family members talked about their experiences while their dear ones were admitted here and how they had coped with loss and grief. The staff of Karunashraya expressed gratitude for allowing them to care when cure was no more an option. They thanked the patients and their families for their willingness to share with total strangers and for trusting them with care giving and also praising their courage and cooperation in difficult times. Distinguished employees were honored on the occasion and a musical program was also organized.



## International Nurses Day

Karunashraya celebrated International Nurses Day from May 6 to May 11, organizing themed events for the nurses at the hospice for the entire week. The week-long celebrations were in appreciation of the important role of nursing staff in making the hospice an abode of comfort and care. Administrative staff performed a skit to entertain the nurses as part of a cultural show on the final day of celebrations. The event concluded with the lighting of the traditional lamp as a way of acknowledging the efforts the nurses put in throughout the year.



## Felicitation of Support Staff

The staff dedicated to housekeeping, gardening and running the kitchen was felicitated by the members of other units of Karunashraya on September 4, 2019. Each member was individually honored with a shawl and memento, and there was a brief cultural program as well.



## Dental Camp

Rotaract Club Koramangala, organized a dental camp for Karunashraya's employees. A team of ten doctors and para-medical staff, visited Karunashraya on September 28, 2019, and carried out a complete dental check-up.



## Music Workshop

Community DrumJam Foundation held a Music Medicine session facilitated by Mr. Paul John Dear, where our patients, staff and caretakers experienced and interacted with each other using the medium of in-the-moment music with different musical instruments. We thanked them for the wonderful event.



## National Doctor's Day

National Doctor's Day was observed on 1st July to mark the importance of doctors in our lives. This special day was celebrated by felicitating our doctors and acknowledging their humane services. A cultural programs including a drama was organized on the occasion.



## Independence Day celebrations

The seventy-third Independence Day was celebrated with fervor and enthusiasm. The occasion marked hoisting of the national flag and cultural activities in which patients and staff enthusiastically participated. A team of volunteers from Intel Technologies India organized various cultural activities, which were greatly enjoyed by one and all.



## Onam Celebrations

Onam celebrations were held on September 14, 2019, which were greatly enjoyed by the trustees, caregivers, staff and patients. Diverse cultural programs, such as, music, song, dance, etc., were held on the occasion, and the celebrations concluded with a sumptuous Onam Sadya.



## Annual sports meet

Karunashraya's two-day annual sports meet on 25th & 26th July, witnessed active participation of the nursing staff. Other staff members played a supporting role cheering the participants. The event provided healthy excitement and joy to staff and patients at the hospice. Prizes were awarded to winners on the day of Onam celebrations.



## Distinguished Visitors

Dr. Yusuf K. Hamied, Chairman of Cipla Ltd., a leading global pharmaceutical company, visited Karunashraya on January 20, 2020, to know more about our contributions and initiatives in the domains of education and research in palliative care. Incidentally, Karunashraya is a recipient of generous financial support from Cipla.

Ms. Chandni Tandon, Senior Program Manager, Hans Foundation spent a whole day in Karunashraya reviewing the ongoing programs in the hospice. She interacted with doctors, nurses, social workers, and Public Relations and Finance/Account personnel, taking keen interest in various activities being carried out in the hospice.



## Daan Utsav- The Joy of Giving Week

The Joy of Giving Week is a "festival of philanthropy" which engages people through "acts of giving", in terms of money, time, resources and skills. This initiative is supported by Karunashraya and other many such NGOs and corporate wherein we setup stalls to raise awareness of several social issues and also raise funds. This event was conducted at Broadcom and Epicore. Our stall comprised of a Wishing Tree where we had put up tags of all the requirements that were needed at Karunashraya.



## Diwali Celebration

28th October, 2019 marked the 8th year annual celebration of the Festival of Lights. Ms. Prathna Kaul headed a group of 100+ volunteers to celebrate Diwali with all the patients where they conducted several cultural activities. The entire campus was lit up on this occasion and filled everyone's heart with peace and serenity.





## Common Purpose

Common purpose is a global leadership organization devoted to developing leaders who can cross boundaries, both at work and in the society. On 12th November, the team of Common Purpose sent 30+ participants to Karunashraya to understand the functioning of our NGO, its setting up and the challenges and obstacles that we have faced so far. This was conducted in order to provide a platform to the participants to meet people from various sectors and be future ready as leaders to serve the society. Managing Trustee of Karunashraya addressed the participants.



## Bro's on Wheels Carnival

It is quite hard to come across people who live to make a difference in the lives of others. Bro's on Wheels is an enthusiastic group of bikers, who apart from their passion of riding bikes also contribute to the service of society. As part of #NoShaveNovember, a month observed to raise awareness about cancer, they raised funds worth rupees 3 lakhs for the palliative care of cancer patients at Karunashraya Hospice. They also conducted campaigns to promote cancer awareness.

On 30th November at our premises, Bros on Wheels created history by conducting a college fest at a Cancer Care Centre! The stage was set and exciting events ensued. There was #BroCodeSelfie Challenge, where participants sporting a beard could flaunt it and win big. 'CYCLOSPACE', a group of people who expressed their creative selves and decorated the campus and made it a visual treat. There was a flipping dance performance by the Phoenix Squad which revved up the energy on stage. The closing act of the carnival was by the Noisy Corridor which brought a smile across all faces.



## Kannada Rajyotsava

Kannada Rajyotsava celebrations on 28th November were marked with cultural activities of singing and dancing. The nursing staff had a team outing on the 7th and 9th of December at Talakadu. The purpose of this outing was to rejuvenate the staff and give them a break from their continued services.

## 25th Anniversary Celebration

On 3rd November, we completed 25 years of being in service. It was a surreal feeling to celebrate this milestone with our well-wishers, donors, staff and trustees. We celebrated the Silver Jubilee of Bangalore Hospice Trust- Karunashraya at Taj, Bangalore.

The event ended with a delightful dance performance by Vidushi Ponnamma Devaiah. With this milestone achieved we look forward to celebrating and achieving more such milestones of dedicated service.







## Christmas Day Celebration

On 25th December, the surroundings of Karunashraya were filled with cheer and the spirit of Christmas. Christmas celebrations were organized by our ever-loving staff members. They entertained all the care givers and patients by dancing and distributing chocolates, which lifted the spirits of all the patients.



## Pet Therapy for Patients

Karunashraya has been trying all kinds of therapies for the well-being of its patients, caregivers and staff. In the past, we had sporadically used pet therapy allowing patients to interact with pet dogs. The patients were happy with this therapy and therefore we have been contemplating on making it a regular feature at Karunashraya. In order to assess its feasibility, the Bangalore based group FLOAP (For Love of All Pets) visited us on June 6, 2019. In partnership with FLOAP, Karunashraya started pet therapy sessions for patients.

Launched as a fortnightly event, this pilot project was aimed as a diversionary tactic to comfort and calm critically ill patients.



January – March 2020

## Bhumi Puja” of the KIPCER- OPD Building

January 19, 2020 opened a golden chapter in the history of Karunashraya as Mr. Gurmeet Singh Randhawa, Managing Trustee, and Dr. S. Nagesh Simha, Medical Director, Karunashraya, laid the foundation of the new building of the recently established Karunashraya Institute of Palliative Care Education and Research (KIPCER) and OPD block. The other trustees of BHT, the members of the Rotary Bangalore Indiranagar, and the members of the Karunashraya family joined in the celebration. This project is expected to be completed by the end of 2020, and will indeed give a boost to the ongoing education and research programs in Karunashraya which were so far constrained due to inadequate space.

## Other Events

- Vikasana, the Social Impact Club of IIM Bangalore hosted 'One Day at IIMB' event which was opened to the general public and Karunashraya was one of the partner NGOs for the event.
- With a view to spreading awareness about Karunashraya and palliative care, SharanyaNarayani International School had organized a marathon and Team Karunashraya was invited for the event.
- Shilpa, the founder of Shilpa Artz, shared with us how she decided to support Karunashraya through her creative venture. She and her team of students organised a painting exhibition with all their paintings to create awareness and raise funds for Bangalore Hospice Trust - Karunashraya.
- A voluntary group of kids called “Ojas” conducted a walkathon at the Sterling Shalom apartments on February 17th 2020, to raise funds and create awareness about Karunashraya .





## Visits by Students from Academic Institutions

Several teams of students from schools and colleges of Bengaluru, such as, New Horizon Gurukul School, Ramagondanahalli Govt School, KK English Medium School, SharanyaNarayani International School, Sri Bhagawan Mahaveer Jain College, Gear Foundation, Amrita Vidyalayam , Sobha Rose, Vincent Patoli, Deens Academy, Bishop Cotton, RNS colleges, St. John's Medical College, Sri Sathya Sai College of Nursing, Counselling students from Banjara Academy, Air Force School , Army Public School and the National Centre For Excellence visited Karunashraya to learn the concepts of hospice and palliative care. A few students from Banjara, IGNOU and VMSSS also did their clinical internship with us. The students were also given a comprehensive understanding of end of life care including various dimensions of counselling in palliative care. Many of the students volunteered in various activities of Karunashraya and also organized cultural programs for the patients and staff.



## Volunteer Group Engagements

Various volunteer groups visited Karunashraya between April and June. While some regular volunteer groups organized cultural programmes such as dance, music programs, art and craft activities or games for patients and staff members, some new groups came in to understand the concept of palliative care and to know about Karunashraya as a hospice. Among the visitors were Rotary Bangalore Junction, Sanman group, Youth for Parivarthan and APD group.

## CSR SUPPORT

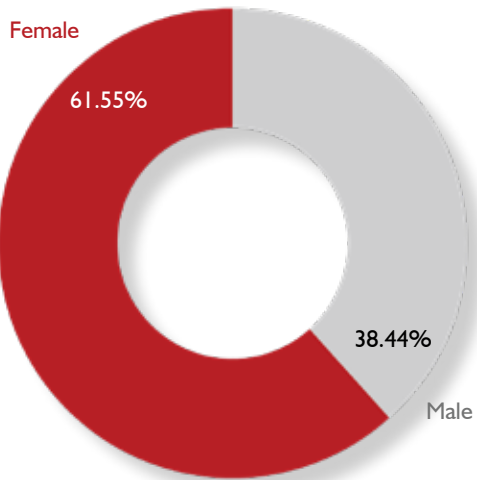
Karunashraya wish to express heartfelt gratitude and convey a big thanks to all the organizations and their staff for generously offering their time and willingly rolling up their sleeves to do whatever was needed at the hospice.

Enthusiastic volunteers from various corporate houses namely Morgan Stanley, CISCO, Dell, Liebherr India, Adobe, Western Digital, First Source, AT&T, Xactly Technologies, Ola Foundation, Intel, Oracle, Sabre, HP, GE, Tata Power, Mahindra Electric, Vision Prerena, IQVIA, J.W. Marriot, Fanuc India, Sanman group, Logmein, Cisco, AXA XL Catlin, GE, Dell, Corra, Sumerra, General Motors, Intel, Datami, Eli Lilly, AT&T, Deens Academy, Whitefield Global School, Allegis, Toyota, Concentrix, Sabre Corporation, TATA Powers, Amazon, Athenahealth, AT&T, Cipla, Cisco, Deloitte, HP and Lenovo visited Karunashraya. They rendered a helping hand in activities relating to pharmacy, kitchen, gardening, cleaning of solar panels etc. Some teams also entertained the patients and staff – some were musical and others organized fun activities!





IN-PATIENT CARE

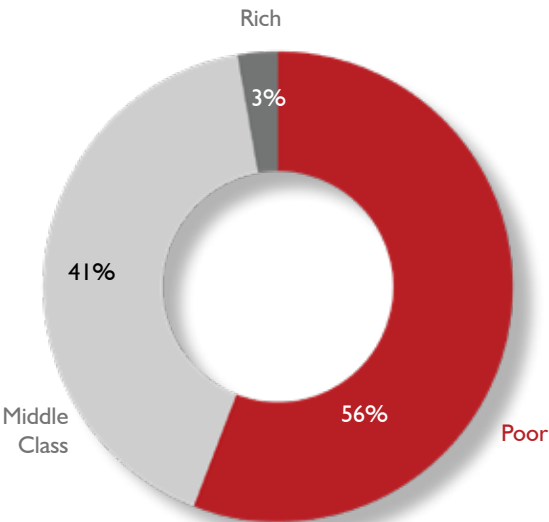


Gender

|        |     |
|--------|-----|
| Male   | 577 |
| Female | 924 |

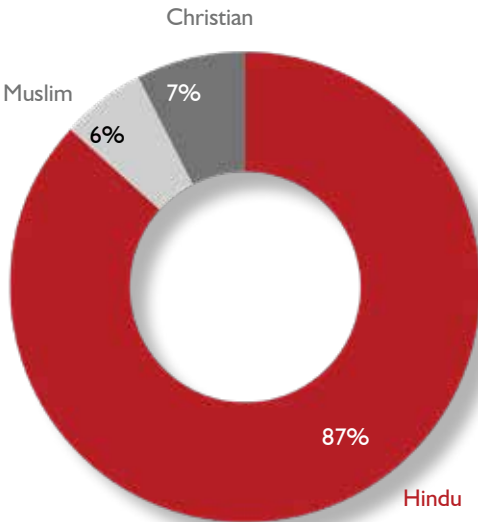
Economic

|              |     |
|--------------|-----|
| Poor         | 842 |
| Middle Class | 619 |
| Rich         | 40  |



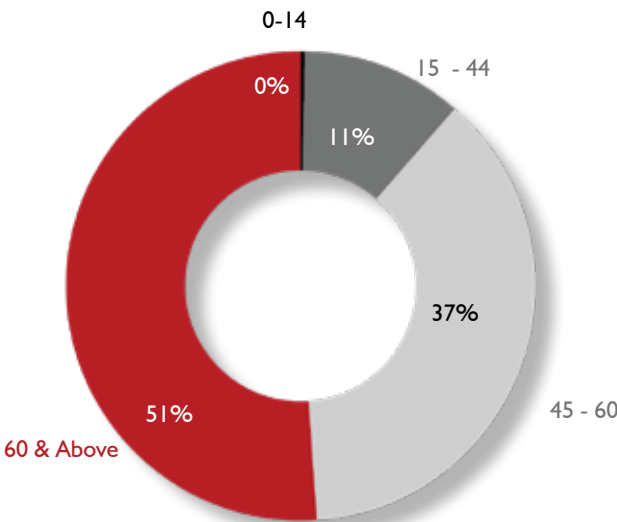
Religion

|           |      |
|-----------|------|
| Hindu     | 1304 |
| Muslim    | 87   |
| Christian | 110  |

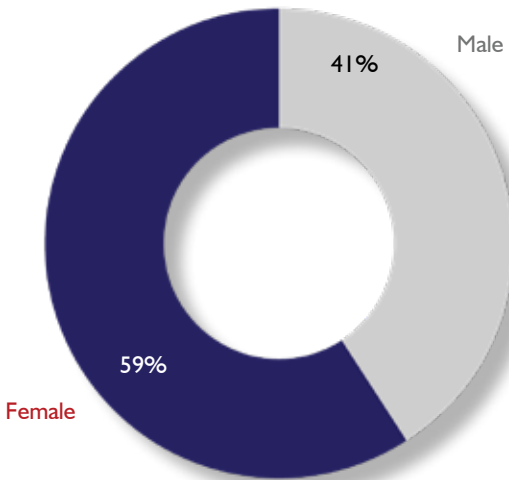


Age Group

|            |     |
|------------|-----|
| 0-14       | 7   |
| 15 - 44    | 166 |
| 45 - 60    | 563 |
| 60 & Above | 765 |



HOME CARE

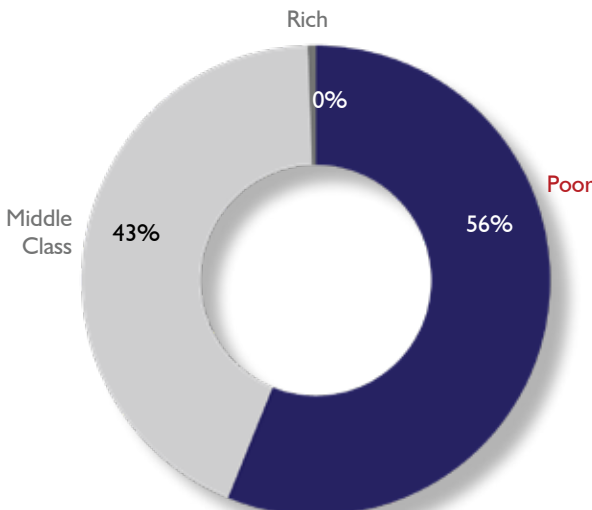


Gender

|        |     |
|--------|-----|
| Male   | 131 |
| Female | 189 |

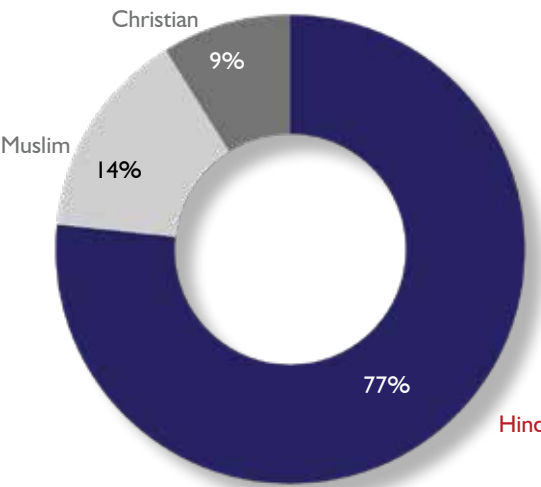
Economic

|              |     |
|--------------|-----|
| Poor         | 180 |
| Middle Class | 139 |
| Rich         | 1   |



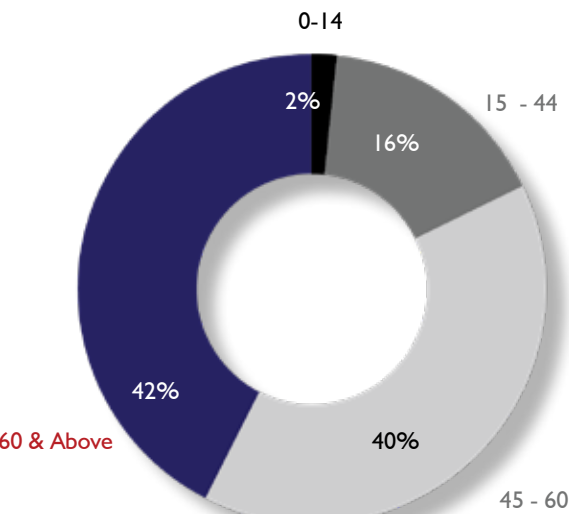
Religion

|           |     |
|-----------|-----|
| Hindu     | 246 |
| Muslim    | 46  |
| Christian | 28  |



Age Group

|            |     |
|------------|-----|
| 0-14       | 6   |
| 15 - 44    | 51  |
| 45 - 60    | 127 |
| 60 & Above | 136 |





# Balance Sheet 2019-2020

## BANGALORE HOSPICE TRUST Balance Sheet as at March 31, 2020

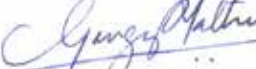
| (All amounts in INR)          |          |                      |                      |
|-------------------------------|----------|----------------------|----------------------|
| Particulars                   | Note No. | As at March 31, 2020 | As at March 31, 2019 |
| <b>Sources of Funds</b>       |          |                      |                      |
| Capital funds                 | 2        | 43,32,97,773         | 39,89,36,879         |
| Current liabilities           | 3        | 1,48,14,095          | 49,67,511            |
| <b>Total</b>                  |          | <b>44,81,11,868</b>  | <b>40,39,04,390</b>  |
| <b>Application of Funds</b>   |          |                      |                      |
| <b>Non Current Assets</b>     |          |                      |                      |
| Property, Plant and Equipment |          |                      |                      |
| Tangible assets               | 4        | 4,90,27,672          | 5,37,29,343          |
| Capital work-in-progress      |          | 56,58,589            | -                    |
| Non-current investments       | 5        | 16,78,51,926         | 16,40,00,000         |
| Long-term loans and advances  | 6        | 7,12,625             | 7,63,625             |
| <b>Current assets</b>         |          |                      |                      |
| Current investments           | 7        | 7,15,00,000          | 6,28,94,338          |
| Cash and cash equivalents     | 7        | 13,62,92,178         | 9,01,07,834          |
| Short term loan and advances  | 8        | 60,00,284            | 82,83,353            |
| Other current assets          | 9        | 1,10,68,593          | 2,41,25,896          |
| <b>Total</b>                  |          | <b>44,81,11,868</b>  | <b>40,39,04,390</b>  |

Significant accounting policies 1  
Notes to accounts 15

For and on behalf of the board of trustees

  
GURMEET SINGH RANDHAWA  
Managing Trustee

  
KALA DEVARAJAN  
Trustee & Treasurer

  
GEORGY MATHEW  
Partner  
M. No. 209645

  
MATHEW GEORGE CHANDY  
Chief Executive Officer

Place: Bengaluru  
Date: 12 DEC 2020



Place: Bengaluru  
Date: 12/12/2020

# Income and Expenditure 2019-2020

## BANGALORE HOSPICE TRUST Income and Expenditure account for the year ended March 31, 2020

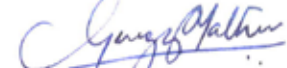
| (All amounts in INR)  |          |                                   |                                   |
|---|----------|-----------------------------------|-----------------------------------|
| Particulars   | Note No. | For the year ended March 31, 2020 | For the year ended March 31, 2019 |
| <b>Income</b>   |          |                                   |                                   |
| Donations received  | 10       | 6,46,89,821                       | 5,23,40,936                       |
| Interest received   | 11       | 2,57,00,159                       | 2,42,01,849                       |
| Other receipts  | 12       | 8,23,992                          | 5,18,964                          |
| <b>Total Income</b>   |          | <b>9,12,13,972</b>                | <b>7,70,61,749</b>                |
| <b>Expenditure</b>  |          |                                   |                                   |
| Employee benefits expense   | 13       | 3,66,23,825                       | 3,50,02,233                       |
| Depreciation expense  | 4        | 53,27,501                         | 58,37,851                         |
| Other expenses  | 14       | 3,10,06,711                       | 2,36,02,658                       |
| <b>Total Expenditure</b>  |          | <b>7,29,58,037</b>                | <b>6,44,42,742</b>                |
| Balance of income over expenditure / (expenditure over income) for the year transferred to general fund |          | <b>1,82,55,935</b>                | <b>1,26,19,007</b>                |

Significant accounting policies 1  
Notes to accounts 15

For and on behalf of the board of trustees

  
GURMEET SINGH RANDHAWA  
Managing Trustee

  
KALA DEVARAJAN  
Trustee & Treasurer

  
GEORGY MATHEW  
Partner  
M. No. 209645

  
MATHEW GEORGE CHANDY  
Chief Executive Officer

Place: Bengaluru  
Date: 12 DEC 2020



Place: Bengaluru  
Date: 12/12/2020



# Salary 2019-2020

| SL.NO | Slab of gross salary (in INR) plus benefits paid to staff (per month) | Male Staff | Female Staff | Total Staff |
|-------|---|------------|--------------|-------------|
| 1     | Less than 5000  | 0          | 0            | 0           |
| 2     | 5,000-10,000  | 0          | 36           | 36          |
| 3     | 10,000 - 25,000   | 13         | 62           | 75          |
| 4     | 25,000 - 50,000   | 2          | 15           | 17          |
| 5     | 50,000 TO 1 Lac   | 6          | 4            | 10          |
| 6     | 1 lac & above   | 1          | 0            | 1           |
|       | <b>GRAND TOTAL</b>  |            |              | <b>139</b>  |

- Highest paid staff salary during the year Rs. 2,01,850/-
- Lowest paid staff salary during the year Rs. 8000/-

# Donations 2019-2020

| Donor Name                                | AMOUNT       |
|---|--------------|
| THE HANS FOUNDATION                       | 75,29,370.00 |
| AT&T GLOBAL NETWORK SERVICES INDIA P.LTD. | 56,71,786.00 |
| CIPLA FOUNDATION                          | 50,21,659.00 |
| UNITED WAY OF BENGALURU                   | 26,41,925.00 |
| GALAX E. SOLUTIONS INDIA PVT. LTD.        | 21,21,000.00 |
| ATHENA HEALTH TECHNOLOGY PVT. LTD.        | 20,00,000.00 |
| WG. CDR. ASHOK KUMAR SARAF                | 20,00,000.00 |
| UK ONLINE GIVING FOUNDATION               | 17,86,978.00 |
| CHARITIES AID FOUNDATION                  | 15,47,185.00 |
| WEIR MINERALS (INDIA) PVT. LTD.           | 15,00,000.00 |
| EPICOR SOFTWARE INDIA PVT. LTD.           | 15,00,000.00 |
| MR. B.G. SRINIVAS                         | 10,01,001.00 |
| MRS. K. SATHYAVATHI DEVI                  | 10,00,000.00 |
| SUPRAJIT FOUNDATION                       | 10,00,000.00 |

| Donor Name                               | AMOUNT       |
|--|--------------|
| HEIDRICK & STRUGGLES (INDIA) PVT. LTD.   | 10,00,000.00 |
| CAPCO TECHNOLOGIES PVT. LTD.             | 10,00,000.00 |
| GIVE FOUNDATION                          | 7,73,322.00  |
| NASSCOM FOUNDATION                       | 7,05,666.00  |
| THE INDIA TIN INDUSTRIES LTD.            | 6,00,000.00  |
| MS. USHA MURALI                          | 5,73,250.00  |
| MRS. SARADA N. RAO                       | 5,00,000.00  |
| YODLEE INFOTECH PVT. LTD.                | 5,00,000.00  |
| ARM EMBEDDED TECHNOLOGIES PVT. LTD.      | 5,00,000.00  |
| SUN PHARMA LABORATORIES LTD.             | 4,90,000.00  |
| DR. ILLANA CARIAPA                       | 4,00,000.00  |
| MRS. MEENA GANESH                        | 3,82,500.00  |
| MR. SURESH KUMAR KEDIA                   | 3,50,000.00  |
| BANGALORE INDIRANAGAR ROTARY TRUST       | 3,50,000.00  |
| OVERSEAS WOMEN'S FOUNDATION ( OWC )      | 3,30,160.00  |
| MR. JAYANTH L. NARAYANAN                 | 3,00,000.00  |
| MS. LEENA KANWAR                         | 3,00,000.00  |
| R. JHUNJHUNWALA FOUNDATION               | 3,00,000.00  |
| TDN POWER SOLUTIONS                      | 3,00,000.00  |
| MS. ANJALI NALKUR                        | 3,00,000.00  |
| G.V. RAMACHANDRIAH MEMORIAL TRUST        | 3,00,000.00  |
| BROS ON WHEELS OFFICIAL                  | 2,96,567.00  |
| RAMBUS CHIP TECHNOLOGIES INDIA PVT. LTD. | 2,50,000.00  |
| ARAVINDA CONSTRUCTION                    | 2,50,000.00  |
| YOUR CAUSE LLC                           | 2,20,273.00  |
| MS. PREETIKA K. JAYAPRAKASH              | 2,00,000.00  |
| MR. GOPINATH VISWANATHAN                 | 2,00,000.00  |
| MR. RAMESH CHAND GUPTA                   | 2,00,000.00  |
| ADC INDIA COMMUNICATION LTD.             | 2,00,000.00  |
| EDUCATION QUALITY FOUNDATION OF INDIA    | 2,00,000.00  |
| SHARANYA NARAYANI INTERNATIONAL SCHOOL   | 2,00,000.00  |



## Acknowledgements

We would like to thank all our patrons, well wishers, volunteers and everyone who has been associated with us for their continued support.





# KARUNASHRAYA

**Bangalore Hospice Trust – Karunashraya**  
Kundalahalli Gate, Marathahalli,  
Bangalore - 560 037



A joint project of the Indian Cancer Society  
(Karnataka Chapter) and the Rotary Bangalore Indiranagar.

