



BANGALORE HOSPICE TRUST NEWSLETTER

APRIL . MAY . JUNE 2025



Mathew George Chandy
CEO- Karunashraya

Dear All,

As we close the first quarter of 2025, my heart is truly full when I look at everything, we've achieved together at Karunashraya. This past quarter really shines a light on just how much our team cares, how incredibly generous our donors are, and the unstoppable dedication of our volunteers. It's their collective spirit that brings such compassionate palliative care to our advanced cancer patients.

We've had the privilege of reaching more terminally ill cancer patients than ever before. We continue to bring more life to the days of those we serve by embracing multidisciplinary palliative care approach. Karunashraya's efforts to improve palliative care through research, training, and education is ongoing. It fills me with joy to share that Karunashraya has immensely grown its operational efficiency and outreach. None of this would be possible without the incredible generosity of our funders and donors. Your contributions truly make a world of difference, significantly impacting so many lives.

Looking ahead to Q2, our vision and mission remain clear: to continue providing free palliative care to advanced cancer patients, and to also ensure they live a life filled with dignity and a peaceful acceptance of their condition.

Please extend the same support to Bagchi Karunashraya Palliative Care Centre, Bhubaneswar, as you have to Bangalore Hospice Trust – Karunashraya. Our mission is to expand quality palliative care outreach.

Thank you for being an indispensable part of Karunashraya family. Whether you're behind the scene or on the front line, your commitment is what fuels our progress. Together, we are making an abode of compassion.

With heartfelt appreciation,

Mathew George Chandy
CEO- Karunashraya

BANGALORE HOSPICE TRUST : PATIENT STATISTICS

BAGCHI KARUNASHRAYA HOME CARE

NEW ADMISSIONS : 69
DEATH : 28
TOTAL HOME CARE VISIT : 540

BHT- KARUNASHRAYA HOME CARE

NEW ADMISSIONS : 51
DEATH : 33
TOTAL HOME CARE VISIT : 764

BAGCHI KARUNASHRAYA IN-PATIENT

NEW ADMISSIONS : 133
RE ADMISSIONS : 44
NO. OF IN-PATIENTS : 177

BHT- KARUNASHRAYA IN-PATIENT

NEW ADMISSIONS : 228
RE ADMISSIONS : 69
NO. OF IN-PATIENTS : 297
NO. OF OPD PATIENTS TREATED : 110

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MEMORIAL DAY CELEBRATIONS



BAGCHI KARUNASHRAYA PALLIATIVE CARE CENTRE OBSERVES FIRST MEMORIAL DAY

On April 10, 2025, Bagchi Karunashraya Palliative Care Centre (BKPCC), Bhubaneswar, observed its first Memorial Day. This past year has been an emotional journey, filled with many profound moments of compassion and care at BKPCC.

The celebration began with a heartfelt tribute to all patients who have received care. This significant milestone was commemorated with deep reflection and community spirit, featuring a cultural program, a staff photography competition, and a touching art exhibition showcasing creations by both patients and team members.

BHT-KARUNASHRAYA CELEBRATES 26TH MEMORIAL DAY

During this quarter, BHT-Karunashraya proudly celebrated its Memorial Day, marking 26 years since the first patient received care at the hospice. Looking back a dream of free service has blossomed into a mission of compassion, dignity, and care.

The event honoured visionary trustees and every staff member for their 26 years of dedicated service. The celebration featured mesmerizing performances by two immensely talented celebrity vocalist Mr. Kumaran Iyer and Ms. Anita Bhatt, transforming the auditorium into a soulful atmosphere.



KARUNASHRAYA INSTITUTE FOR PALLIATIVE CARE EDUCATION AND RESEARCH (KIPCER) - KEY ACHIEVEMENTS & INITIATIVES

KIPCER continues to make remarkable progress in advancing palliative care through innovative training programs, impactful publications, and ongoing research. This quarter has seen significant achievements across Education & Training, academic contributions, and research initiatives, underscoring KIPCER's leadership in providing holistic and compassionate care.

MEMBERSHIP IN AHPI

Karunashraya is now the first hospice in India to become a member of Association of Healthcare Providers - India. This recognition will help boost our visibility and strengthen our voice among healthcare services in the country. This membership is an acknowledgement of Karunashraya's dedication to compassionate care and integrates the organisation into a broader network among hospitals across India



COMPLETION OF 33 BATCH OF GENERAL DUTY ASSISTANT TRAINING

The six-month training program of the 33rd Batch of General Duty Assistant Training held at Karunashraya concluded in the month April, 2025. The outgoing batch showed great promise with a 100% completion result and received placements within the organisation. The students received a certificate recognised by Skill India from the Healthcare Sector Skill Council (HSSC).



PANELIST AT THE 9TH NURSING CONCLAVE 2025

We are proud to share that Ms. Sangeetha Murugan, Head of Nursing Education at Karunashraya, was invited as an eminent panelist at the 9th Nursing Conclave 2025 held on 19th June at ITC Sonar, Kolkata. She spoke on "Innovative Approach in Nursing Education - Classroom to Special Care Areas," inspiring over 550 participants with her insights on preparing nurses for evolving clinical and palliative care demands. Her presence reflected Karunashraya's ongoing commitment to excellence in nursing education and compassionate care.



EXTERNAL SPEAKING AND TEACHING ENGAGEMENTS

Michelle Normen also conducted a dedicated session for the Masters in Psychology students at St. Claret College. Her lecture focused on the important intersection of Psycho-oncology and Palliative Care, enriching the students' understanding of holistic patient support.



On June 30, 2025, Sangeetha Murugan was the Chief Guest at Dr. Syamala Reddy College of Nursing's Lamp Lighting and Oath-Taking Ceremony, where she inspired 60 new B.Sc. Nursing students with a talk on the critical role of nurses in providing compassionate, high-quality care. Additionally, Sangeetha N recently shared her expertise at AIIMS Bathinda, delivering a guest lecture organized by the Pain and Palliative Medicine Clinic, Department of Anesthesiology, focusing on the essential management of chemotherapy and radiotherapy-induced oral mucositis.

**NAVIGATING END-OF-LIFE CARE: LEGAL INSIGHTS FOR INDIA**

Dr Srinagesh Simha was invited as a speaker for a webinar 'Navigating the Legal Landscape of Life-Sustaining Treatment in India', presented jointly by Vidhi Centre for Legal Policy and the End-of-Life Care for India Taskforce (ELICIT). This event aimed to clarify the questions and misconceptions based on real-life experiences of withholding and withdrawing life-sustaining treatment in India.

**DEMENTIA TRAINING AT KARUNASHRAYA**

We are pleased to share that Ms. Sangeetha Murugan, Head of Nursing Education at Karunashraya, participated in the 6th Training of Trainers (ToT) program conducted by Dementia India Alliance from 15th to 17th May 2025. Following this, she organized a Continuing Nursing Education (CNE) session on 12th and 13th June, sensitizing the entire Karunashraya team on Dementia care. The training benefited 85 staff members, including doctors, nurses, counselors, administrative staff, and interns. We extend our heartfelt thanks to Dementia India Alliance for their valuable support and for empowering our team with the knowledge and skills to offer compassionate and informed care to persons living with dementia.

STAKEHOLDER ENGAGEMENT MEETING ON CHILDHOOD CANCER CARE-ODISHA

On April 26, 2025, Bagchi Karunashraya Palliative Care Centre participated in the second stakeholder engagement meeting organized by the India Childhood Cancer Initiative in Bhubaneswar.

This crucial meeting gathered 19 civil society representatives, including Karunashraya's team, alongside esteemed institutions such as AIIMS, KIMS, Acharya Harihar, SUMS, and Bagchi Shankara. Government officials from the Department of Family and Healthcare, members of the GRID Council, and dignitaries from the World Health Organization (WHO) also attended.

The primary goal of the meeting was to conduct a SWOT analysis and identify strategic opportunities to enhance childhood cancer care through collaboration. This participation marks a significant step for Bagchi Karunashraya in supporting initiatives that advance healthcare and ensure children affected by cancer receive the care, attention, and support they deserve.



PUBLICATIONS:

- Damani, A., Ghoshal, A., Rao, K., Nair, S., Gursahani, R., Simha, S., ... & Salins, N. (2025). Enhancing advance care planning in india through a 12-step Pathway. Indian Journal of Critical Care Medicine: Peer-reviewed, Official Publication of Indian Society of Critical Care Medicine, 29(4), 301.
- Gupta, M., Joshi, U., Rao, S. R., Longo, M., & Salins, N. (2025). Views and attitudes of healthcare professionals on do-not-attempt-cardiopulmonary-resuscitation in low-and-lower-middle-income countries: a systematic review. BMC Palliative Care, 24(1), 91.
- Datta, S. S., Daruvala, R., Mukherjee, A., Surendran, V., Rao, S. R., & Sitaram, B. (2025). Psycho-Oncology: Actions Beyond Targeting the Tumor. In Radiation Oncology-Principles, Precepts and Practice: Volume I-Technical Aspects (pp. 545-568). Singapore: Springer Nature Singapore.



Monthly Guest Lectures

Organised by Pain and Palliative Medicine Clinic,
Department of Anaesthesiology, AIIMS Bathinda

Management of Oral Mucositis

Speaker: Ms Sangeetha Murugan
(Head Nursing Education, Karunashraya-The Bangalore Hospital Trust)

Moderator: Dr. Mayank Gupta
(Associate Professor, AIIMS Bathinda)

Date: 23rd May 2025

Time: 2:30 - 3:30 PM

Join Zoom Meeting:
<https://us04web.zoom.us/j/72041216318?pwd=66ESeCHaxnvU86OZ8uij1d3Sh2H3b.1>

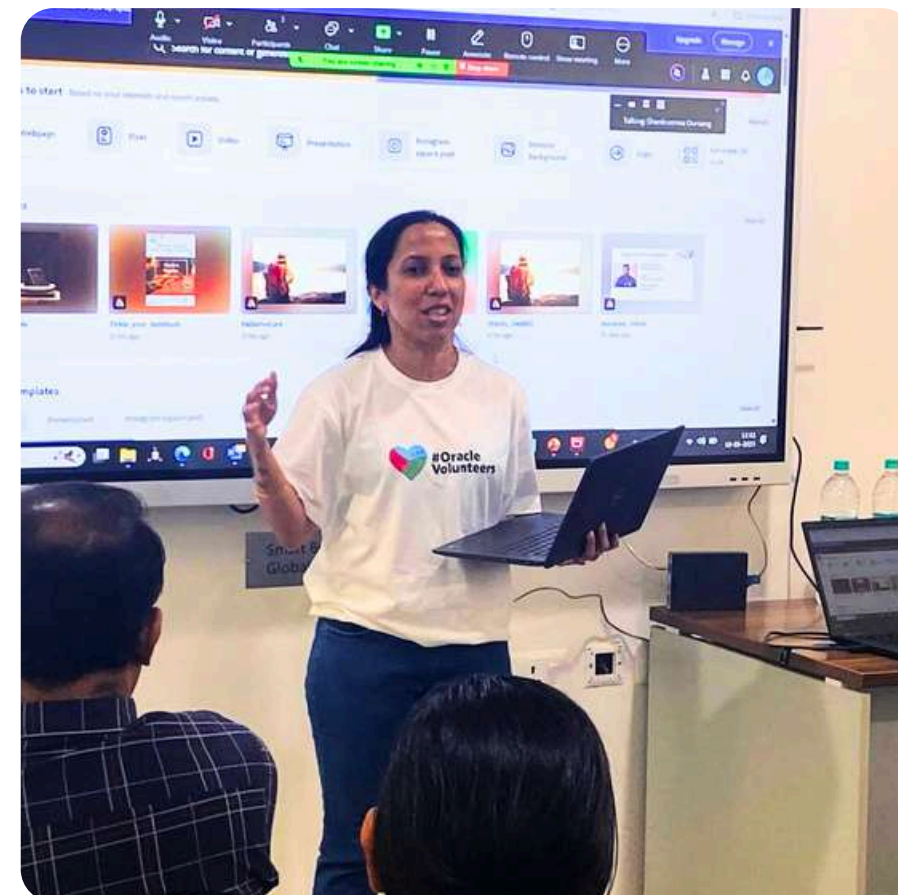
Meeting ID: 720 4121 6318
Passcode: 3ZU1xC



TRAINING

This quarter, KIP CER hosted three physicians from Tzu Chi Hospital, Jakarta; Husada Hospital, Jakarta; JDWNR Hospital, Bhutan to complete their clinical postings at KIP CER, providing them with hands-on experience in palliative & hospice care and home care.

We had interns from various psychology and social work programmes coming from Christ University, Krupanidhi College, St Joseph's University, Kristu Jayanti College, Montfort College and Saveetha College of Physiotherapy. Through these internships and observerships, the students gain practical exposure to their role within a hospice setting.



The in-house training program conducted at KIP CER featured 6 case presentations, 2 skill development sessions, 2 guest lectures and 3 CNEs. Along with the internal presenters, we also had guest speakers from Manipal Academy of Higher Education, Manipal Hospitals, Army Hospital and Kristu Jayanti College.

INHOUSE TRAINING

- External Training Programs: 10
- Internal Training Programs: 23
- Visiting Observers: 337
- Internships / Fieldworkers: 63
- Educational Institution: 4
- Number Of Doctors Trained: 112
- Nurses Trained: 232
- Mental Health Professionals: 89

HONOURING EXCELLENCE IN PALLIATIVE NURSING MS. BINDU SHIBU

We're delighted to announce that Ms. Bindu Shibu, a senior nurse with BHT-Karunashraya, has been commended by the Academy of Palliative Medicine. She was featured as part of the IAPC – APM's national initiative to spotlight an exceptional nurse on World Nurse Day, May 12, 2025.

For over 24 years, Bindu has been the heart and soul of the Karunashraya care team. She responds to every call with calmness and compassion, comforts families, and serves patients with dignity. Her quiet strength, especially during the most challenging times like the COVID-19 pandemic, is a testament to her unwavering dedication. Bindu's story reminds us that the most impactful caregivers often work silently, touching lives in ways words cannot fully capture. This recognition is richly deserved, and we are deeply grateful to have her as a part of our team.



KARUNASHRAYA HONoured FOR PALLIATIVE CARE EDUCATION EXCELLENCE

We're immensely proud to share that this quarter, Bangalore Hospice Trust-Karunashraya was honored by the Healthcare Sector Skill Council (HSSC), Skill India, at the esteemed HSSC Karnataka Leadership Conclave 2025.

In recognition of its exceptional contribution to healthcare skill development, Karunashraya was felicitated as a pioneer institution in Karnataka, actively shaping the future of palliative care nursing education. Our CEO, Mr. Matthew George Chandy, and Head of Nursing Education, Mrs. Sangeetha Murugan, were invited to receive this prestigious award on behalf of Karunashraya.



Spreading the Wings

I was not very well-versed in palliative care earlier; however, my experience at Karunashraya has been incredibly enriching. I am in awe of the dedication and hard work of the doctors and nurses. They treat the patients as if they were family members; they understand their socio-economic backgrounds, what their families are experiencing, and care for them as if they were their own. Back home, we typically identify patients by their bed numbers, but here they are addressed by their names. This personal touch is what I'll be taking back home.

Dr. Vincent Chrisnata

Anaesthesiologist in Husada Hospital Jakarta



Spreading the Wings

One of the aspects I appreciated most about Karunashraya is their systematic approach, and the established protocols. This streamlines the process for everyone, be it staff, patients, or caregivers. The holistic approach to end-of-life care is something I have not experienced before. The doctors and nurses care, not only for the patient, but also provide support to the caregivers. The home care facility is another key service which I appreciate. Additionally, the spiritual aspect, irrespective of the person's religion, is well addressed. To top it all, the serenity of the environment is very calming.

Dr. Tashi Choden

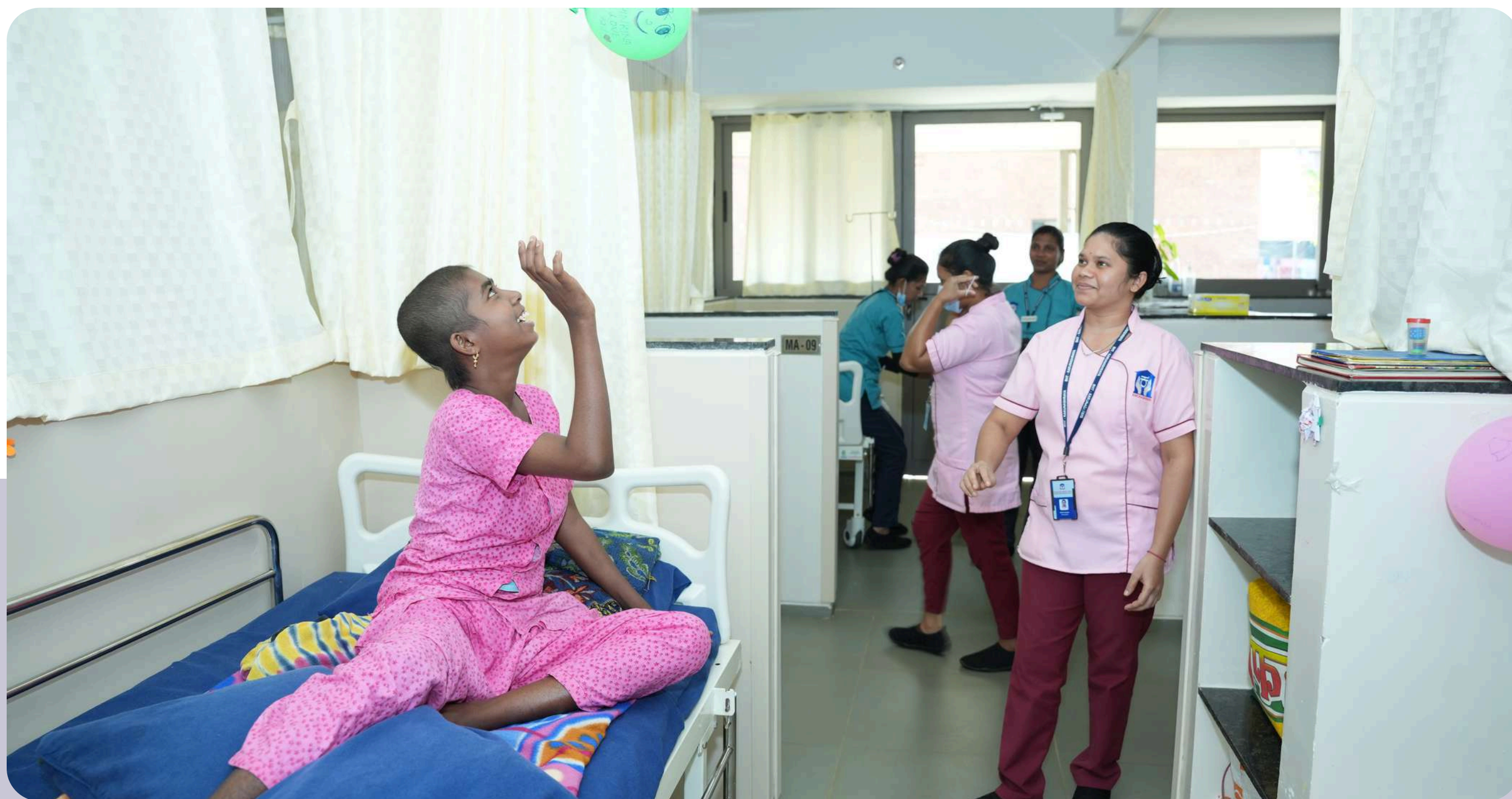
Head of Paediatrics at JDWNR Hospital, Bhutan



BHT - KARUNASHRAYA

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COUNSELLING & SUPPORTIVE CARE

The extensive support services offered at Karunashraya are examined in this edition. We'll look at the various therapeutic modalities that staff and patients could engage in, emphasising the importance of emotional health. We will also emphasise our dedication to respecting patients' desires and commemorating important life events, including birthdays, while recognising the enormous influence they have on our lives.

EMPOWERING PHYSIOTHERAPISTS THROUGH PSYCHOSOCIAL PERSPECTIVES IN PALLIATIVE CARE

Our Psychologists, Ms. Sunitha KS and Ms. Illana Muthanna, were invited as resource persons at the Continuous Professional Development (CPD) program on 'Interdisciplinary Approaches in Palliative Care - Empowering Physiotherapists in Holistic Care Management,' hosted by the Physiotherapy Department at NIMHANS on June 20, 2025.

Ms. Ilana shared valuable insights on Psychological Approaches in Palliative Care, while Ms. Sunitha focused on Basic Counselling Skills for Physiotherapists. The session received an overwhelming and heartening response from both in-person and online attendees, followed by an engaging discussion that highlighted the relevance and growing interest of physiotherapists in learning psychosocial care in palliative care for physiotherapy.



SELF-CARE THROUGH YOGA

An external yoga professional recently conducted a gentle and restorative yoga session at the hospice for patients and caregivers navigating the challenges of end-of-life cancer care. With a deep understanding of the physical limitations and emotional weight carried by both groups, the facilitator tailored the session to focus on breathwork, simple stretches, and mindfulness. The experience offered a calming space for relaxation, presence, and inner peace, allowing participants to momentarily step away from their stress and connect with their bodies and emotions in a compassionate, supportive environment.



ART FOR THE HEART: NURTURING CAREGIVERS AND STAFF AT KARUNASHRAYA



While the focus in palliative care often remains centered on patients, the vital role of caregivers—who provide unwavering physical and emotional support—can sometimes be overlooked. Acknowledging this crucial gap, two art therapy interns at the hospice recently organized a transformative self-care workshop dedicated to caregivers of cancer patients.

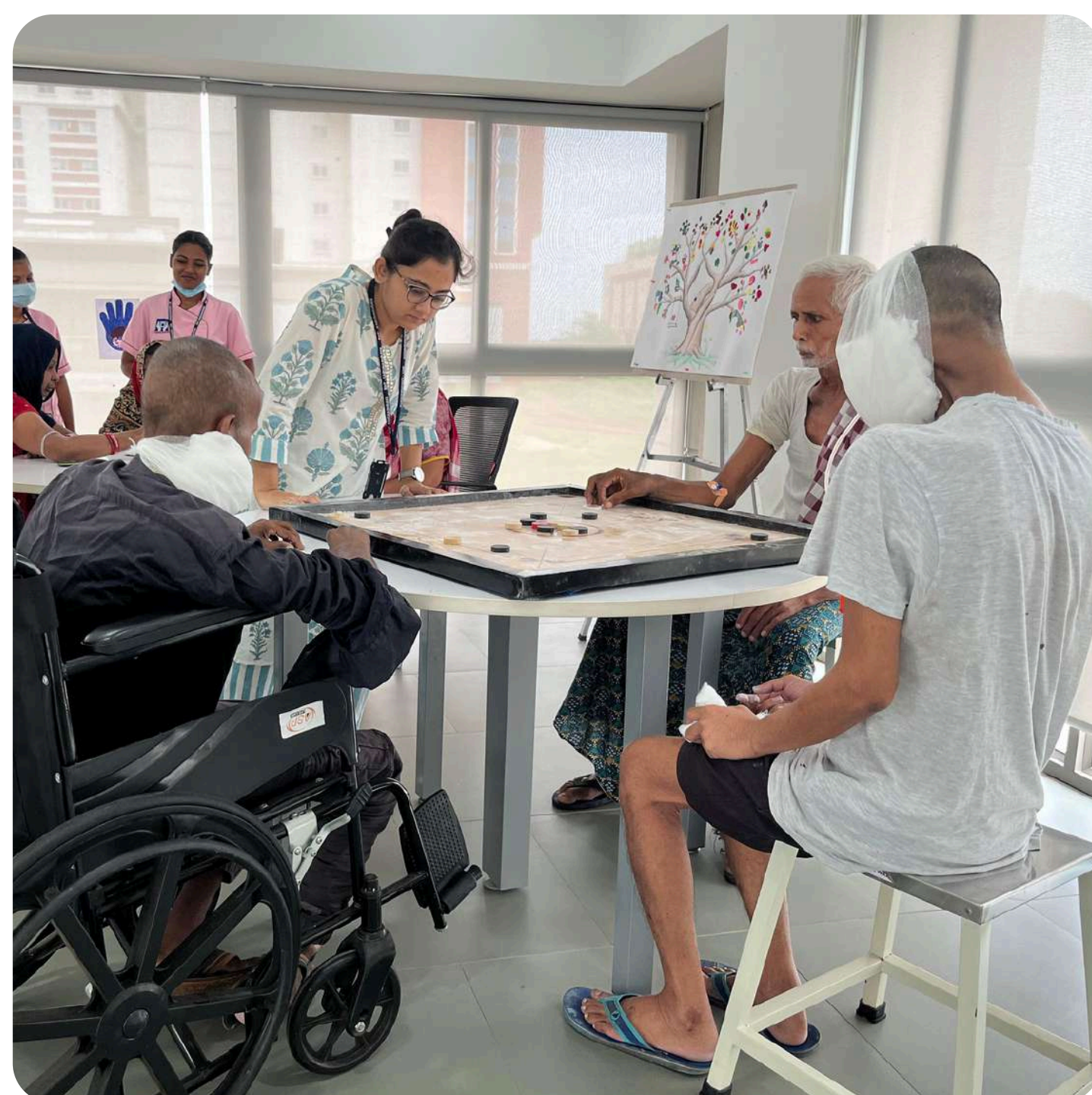
Understanding the intense emotional and physical toll caregiving demands, the interns thoughtfully designed a program that wove together elements of play, creative expression, movement, mindfulness, and group reflection. The workshop offered caregivers a rare and meaningful chance to pause and reconnect with themselves, shifting the focus, for once, to their well-being.

Through activities such as art-making, gentle movement, and shared storytelling, participants found space to breathe, reflect, and engage with others who understand their journey. Beyond individual rejuvenation, the workshop nurtured a sense of solidarity and community among caregivers, fostering lasting connections grounded in empathy and shared experience.

This initiative powerfully demonstrated that art is not just a medium for expression, but a profound tool for healing, self-discovery, and community building, especially for those who so often put others before themselves.

A LEGACY OF LOVE: GRACE AND SELFLESSNESS AT LIFE'S END

A 76-year-old female patient living with both ovarian cancer and Parkinson's disease approached her journey with remarkable grace and selflessness. Despite the physical and emotional challenges of her dual diagnosis, her primary concern throughout her illness was the well-being of her family. In every session, she consistently expressed a deep desire not to be a burden, prioritizing the needs and comfort of her loved ones above her own. Love emerged as the central theme in all her interactions—love as a guiding force, a source of strength, and a legacy she wished to leave behind. Her presence was gentle yet powerful, and her unwavering devotion to family served as a poignant reminder of the quiet resilience and deep emotional depth that can accompany the end-of-life journey. The patient expressed a heartfelt wish to create a collage of her family pictures as a legacy project—a visual tribute to the love and memories she cherished most. However, she hesitated to pursue it, fearing that asking her family to gather the photos would cause them trouble or inconvenience. This small yet profound hesitation spoke volumes about her character and the depth of her concern for those she loved. Even in her desire to leave behind something meaningful, her thoughts remained focused on protecting her family from any additional emotional or practical burden. Her gentle selflessness and enduring love became the quiet threads woven through every part of her journey, turning even her unspoken wishes into acts of care.



EVENTS & PROGRAMS



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HONOURING OUR HEALTHCARE HEROES: INTERNATIONAL NURSING DAY CELEBRATIONS

This quarter, we celebrated International Nursing Day with great enthusiasm! BHT-Karunashraya hosted a vibrant cultural program followed by a lively debate competition for nurses and other staff members, centered on the topic of "Fitness vs. Diet."

Meanwhile, at Bagchi Karunashraya Palliative Care Centre (BKPCC) in Bhubaneswar, nurses showcased their talents with various dance performances.

The day was filled with excitement, laughter, and a truly lighthearted atmosphere, honouring the incredible dedication of our nursing staff.



KARUNASHRAYA HOSTS HONOURABLE GUEST- DR. HEGGADE

Karunashraya was privileged to welcome today, a very honoured guest, Dr. Veerendra Heggade Dharmadhikari of Srikshestra Dharmasthala and Member Rajya Sabha. He was accompanied by members of his family and office bearers of Rotary Bangalore Indiranagar and Rotary Belthangady. He went around the hospice and was explained the various activities of patient care, counselling and research. Dr. Heggade was very touched by the work being done at BHT-Karunashraya and appreciated everyone for their dedication. It was very encouraging to be positively appreciated by a person who is himself the recipient of both the Padma Bhushan and Padma Vibhushan from the Government of India for his social work and contributions to communal harmony.



**CSR VOLUNTEERS**

Cisco
 Deloitte
 Madhura Coats
 Moengage
 Intel
 Rocket Software
 Taj Group of Hotels
 Morgan Stanley
 Colin Aerospace
 HP
 McAfee
 GE Vernova
 Oracle
 Huron Eurasia
 Bosch
 Unique space
 Toyota Kirloskar
 Salesforce
 IQVIA
 Spec innovations
 AXA XL
 Micron
 Stripe
 Sabre
 Intel

**SPREADING AWARENESS: TOYOTA KIRLOSKAR MOTORS
VISIT TO KARUNASHRAYA**

This quarter, Karunashraya hosted a significant number of volunteers from Toyota Kirloskar Motor (TKM) for an impactful palliative care awareness session from over the country. This visit is a testament to TKM's "Mendomi" mindset, a philosophy rooted in humility and care, which aligns seamlessly with the core values of Karunashraya – compassionate palliative care.

Karunashraya conducted an informative and interactive session and the TKM volunteers deeply appreciated the work done here. It was incredibly encouraging to witness TKM actively engaging with and understanding the profound importance of hospice and palliative care for individuals facing life-limiting illnesses. Their commitment truly strengthens our mission at Bangalore Hospice Trust, Karunashraya.

**EDUCATIONAL INSTITUTES**

Saint Anne College
 Sacred Heart School
 CMRIT College
 Thiagarajar College of Engineering
 MVJ International School

OTHER INSTITUTIONS

Salvation – musical troop
 Rotary Thanisandra
 Rotary indiranagar
 Rotary Belthangady



HURON CSR Volunteers



HP CSR Volunteers



TEAM CHROME



VOICE OF ODISHA



SABRE CSR volunteers



Rocket Software Volunteers



IQVIA Volunteers